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STANDARD SEX KNOWLEDGE and HEALTH ENCYCLOPEDIA

By M. F. TEEHAN

AUTHOR OF

"Grappling With a Vital Problem," "Standard Hospital Asylum and Institution Directory," "Organization and Co-operation," "General Imformation for the Novice or Inexperienced Attendant on the Insane."

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INTRODUCTION TO THE FIRST EDITION

To those who believe that knowledge of the fundamental elements of sex are a prerequisite to married bliss, this book is dedicated. The writer trusts that it will meet with their thorough approval and that the information contained herein will prove both instructive and beneficial, as it is intended to supply a desideratum with respect to information, which, hitherto, has never been published in such compact form.

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SCIONS OF NOBLE PROGENITORS

You boast of your thorobred horses,
And prate of their breed at great length;
A queen would be glad if the source of her birth
Could be traced back to such an extent;
You talk of your pure bred cattle,
And your horses that make the pace;
But what have you done, or going to do,
To better the breed of your race?

You talk of your Clydesdales and Herefords;
The sire and the dam of your colt;
You scoff at the scrub and the mongrel,
As worthy the blockhead or dolt;
You're proud of your pure bred Durocs;
Likewise of your stable and pen;
But answer me this: what have you done,
To better the breed of men?

Your Morgans, your Holsteins, your Berkshires;
You'll point them out fondly and say,
The thorobred vs the mongrel and scrub,
Is making the homestead pay.
The breed of your cattle, hogs, horses,
To improve, day and night you have toiled;
But what have you done, my brother,
To improve the breed of your child?

Oh Man! why are you so boastful,
When counting your horses and steers?
Why not spare time to think of your boy,
And his needs for the coming years?
You scheme to better the breed of your stock;
You are reaping the seeds you have sown;
But what are you doing, my trusty friend,
To better the breed of your own?

The breed, or strain of your horses,
You'll point to them always with pride,
When demonstrating your worldly wealth,
Which cannot be denied;
You'll count on your favorite roadster,
As you do on your pasture, or pen;
But you seemingly forget to count, my friend,
On the worth of the children of men.

Have you thought of your boy, or ascertained,
His requirements for the growing years?
Do you think, as his sire, your mark on his face
Means less than than the brand on your steers?
Your watchword with stock is—"thorobred,"
For paddock, stable, or pen;
But what have you done, or going to do,
To better the breed of men?

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Standard Sex Knowledge and Health Encyclopedia

Part I

Standard Sex Knowledge and Health Encyclopedia

PART I

LESSON I

INTRODUCTION

In the preparation of this work the chief aim has been to present, in as perspicuous a form as possible, information which, hitherto, has never been published in such compact form. It would be impossible to cover, in detail, the comprehensive field with which this volume deals, as to do so would, in reality, bewilder, rather than help, the average reader. The writer has therefore endeavored, by the elimination of all irrelevant matter, to reduce this edition to a concise, condensed, yet exhaustive work, soldifying and arranging its contents, so that the reader may obtain the desired information readily, thereby enhancing its value, by minimizing its size, without impairing its integrity.

In presenting this revised edition to the public, it might be well to mention that considerable

changes have been made, not only in the subject matter which it contains, but in its illustrated section. Several of the chapters have been completely revised, which with the addition of some new matter, and increased number of illustrations, makes this volume much more complete. For authenticity and completeness of subject matter, this book, in the writer's opinion, compares very favorably with any publication on the market today.

The facts contained herein have been gathered from the most reliable and indisputable sources and collated with interminable care and patience. In order to save valuable space, thereby making it possible to put this volume before the public at a nominal cost, it was imperative, owing to the vast territory, so to speak, which it covers, to omit superfluous matter, usually indulged in by a good many writers on this all-important subject, and which, as already stated, bewilders, rather than benefits the average reader. Elaboration, or, in other words, introduction of irrelevant matter, when writing on this subject, has no redeeming feature whatsoever, otherwise than further dividing the gap, which, unhappily, already exists, to a far greater extent than the average reader is aware of, throughout our country, between knowledge and ignorance on this vital subject.

In the preparation of this work the writer has kept the aforementioned fact before his mind at all times. The reader will therefore undoubt-

edly notice omissible features here and there, due to the fact that ambiguity is conspicuous by its absence. It were imperative that this condition obtain in order to further epitomize the contents of this edition. It is hardly necessary to go much further here in an explanatory way on the contents and merits of this volume. It might be well to state however that, notwithstanding the fact that the knowledge contained within these pages may be read with benefit to all, this volume has been prepared especially for the purpose of lending a helping hand to the many men and many women, young, middle-aged, and old, in practically every walk of life, who, through prejudice and custom, handed down from the middle ages, are prevented from receiving even the most elementary education on sexual physiology. The greater number of these men and women invariably obtained their information in early manhood or womanhood either from those incapable of giving advice on this subject which is of such vital importance to the future of the race, or from some polluted source, excepting, of course, somewhat similar literature from the hands of those who, like the writer, believe that knowledge of, at least, the fundamental elements of sex are a prerequisite to the ultimate complete happiness of the individual and, as a logical result a lasting benefit to society. To correct whatever erroneous ideals or wrong impressions may have been gained in youth, is one of the main objects of this work.

The writer wishes it distinctly understood that this volume was not got up to appeal to the emotional nature. The man or woman, who peruses this book with this purpose in view, or to excite a morbid degree of emotional activity, will be keenly disappointed. Betterment of existing conditions in society, for the benefit of the race in general, is the sole purpose for which this work was published. It deals, if somewhat briefly, on practically every phase of the vital subject of sex. The individual of either sex, who leads a clean, moral life or their contemporaries who have departed either temporarily or permanently from the paths of virtue, will find the information contained within those pages, both instructive and interesting, as well as beneficial. To either of the aforementioned a special message is conveyed and if the attention of the erring one has been caught and held for only one brief moment the writer will feel that his efforts have not been entirely wasted.

If down into the brooding gloom of the life of the fallen Magdalen one ray of blessed light has penetrated; if a little gleam of coming hope has faintly illumined the darkness of the erring one's existence, or a little ray of blessed sunlight has crept through the clouds, which might make the burden of the fallen woman's existence tolerable, even for the passing moment the writer will consider he has, at least, received some compensation for his labor and attempted uplift. If perusal of these pages by the young

man and young woman, especially the latter, whether married or living a life of single blessedness, prevents darkened homes and tender ties from being broken, and which, though silent, speak, in themselves, of a vast amount of suffering, misery and sorrow, in forms which, in the greater majority of instances, receive less than a just share of pity, sympathy, and consideration, the writer will consider he has not wrought in vain.

Observation by the writer has impressed him, very forcibly, with the fact that much immorality might be very easily prevented. This, of course, might be said of any of the other sins of society; it might be said of crime; it might be said of disease; it might be said of many and various forms of evil, but it seems to be peculiarly true in respect to immoral practices. Although the writer does not think, opinions to the contrary notwithstanding, that immorality is on the increase, it is, nevertheless, sufficiently evident to justify alarm, and to call for serious inquiry into the causes and for means of prevention. Early instruction, when the mind is most plastic, on the fundamental elements which govern their existence, would, in the writer's opinion, tend greatly to diminish the possibilities and probabilities of the young man, in later life, resorting to immoral practices and the young woman straying from the paths of virtue.

Erroneous ideals formed in youth and mistaken ideas or wrong impressions gained from

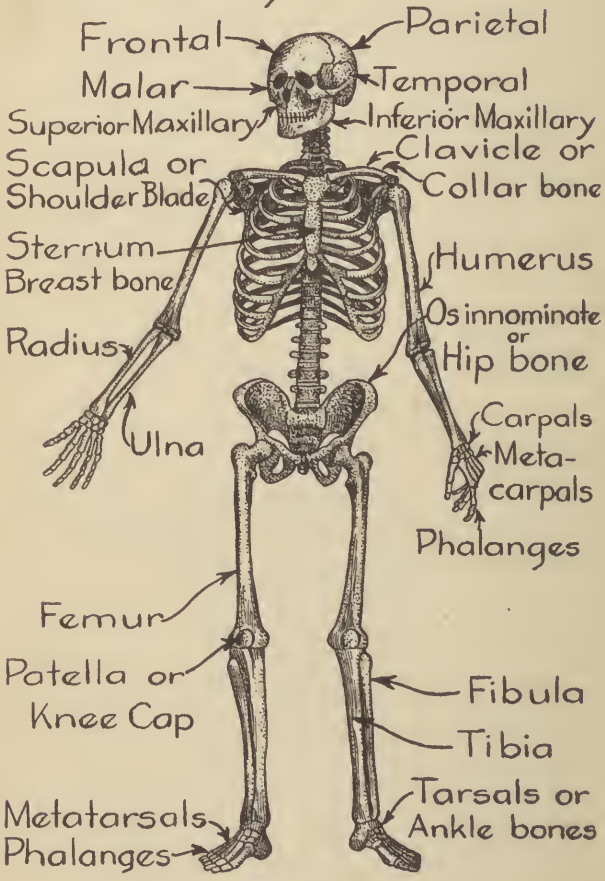
older associates or depraved adults on the functions of the reproductive organs have a great deal to do with young men and young women leading immoral lives. The dangers incident to the latter are brought out in the following pages and should, in themselves, be sufficient excuse to deter any young man or any young woman from indulging in lewdness, or lasciviousness in any form. One of the leading objects of this work is an earnest attempt to lead the adult man and woman towards the light of knowledge and away from the darkness of ignorance, and an endeavor to turn the thoughts of parents, teachers, and others, who are especially responsible for the training of the young, in the same direction, thereby facilitating the progress already made by our advanced thinkers and writers on sex physiology.

In conclusion it might be said, due to the authenticated fact that ignorance of sex physiology predominates to such an extent throughout the length and breadth of the land, that this work is of incalculable value to every young man and every young woman, every husband and every wife, every father and every mother and should take a leading place in the library of every household. The writer owes a debt of gratitude to the physicians, college professors, etc., who so willingly furnished the indispensable knowledge which made this work possible. In extending his thanks and expressing his appreciation for the cordial assistance and courte-

ous treatment received from aforementioned gentlemen, the writer wishes it expressly understood that, were it not for their generous support this edition would have been beyond the realms of possibility.

Plate I

The Skeletal system of the Human body



LESSON II

LOVE AND MARRIAGE

Love, in its truest sense, is paramount to all other gifts, which a wise and kindly nature has bestowed upon man to the exclusion of every other living creature. When nature endowed mankind with the power of love, there was left in his possession one of the most efficacious, if, to a certain extent, involuntary agencies for absolute happiness or destruction. Love makes the world go around. It can cause the upheaval and demolition of society, or help its upbuild and consolidation. It can kindle the flame of deadly warfare, and change the destiny of empires. It is beyond the question of a doubt, the most potent agency which governs the existence of mankind. Some writers claim that love and passion are two distinct, separate embodiments of the human structure and should not be construed as one and the same, or classed under the same heading. The writer, however, begs to differ with this statement and wishes to quote the following in favor of his conclusions: The attributes of human love are complex, its component parts being, primarily, composed of affection, passion and the natural desire for procreation, which last is ever uppermost in the human structure and which blends into a perfect whole, two natures to constitute the love which

is essentially human. The spontaneous impulse of procreation to act for the individual good, or the paternal and maternal instinct of the male and female respectively, is an absolute prerequisite to love in its fullest sense, without which. real, true love would be conspicuous by its absence, leaving nothing but affection to take its place. The marriage relation is, therefore, the only legitimate means whereby love can be consummated in its entirety.

The Divorce Court Evil. The question has been, and will, undoubtedly, be asked until the end of time, why it is that so many marriages are a failure, ending in the divorce courts in many instances in preference to living a life of infelicity, social drudgery and degradation? Why the loveless marriages are so numerous in this century of enlightenment, may very well be asked. This is a question which is troubling the minds of many. It might also be said to be one of the most perplexing problems of the present day and one, the solution of which, is of vital interest to the future success and welfare of the whole civilized race. The writer, with the voluntary aid of some of our most successful, conservative medical practitioners, philanthropists and humanitarians, ventures to undertake the solution of this momentous problem.

The world at large knows, unquestionably, that present day marriages are far from being the ideal union, society would have them be,

notwithstanding the fact that chastity reaps its just rewards. A thorough understanding of the marriage proper and conjugal relation between man and wife cannot fail to bring happiness, in the fullest sense of the word, where chasteness is looked upon as next to godliness. Statistics prove that, among some of our most respectable communities, at least one out of every two marriages ends in failure. The divorce court plays an important part in marriage failures. The innumerable desertions and other unhappy unions help to swell the number.

The divorce court has become so popular of recent years, that it has prompted one of our well-known humorists, in one of his characteristic facetious moods, to issue the following pleasantry: "Although divorce and marriage are antagonistic towards each other, the former will never outnumber the latter." Notwithstanding the fact that there are many unhappy unions where complete separation, or legal dissolution of the matrimonial bonds are an absolute requisite to the ultimate happiness of the individual it is nevertheless cause for alarm when we realize what a close competitor the divorce court is to the wedding festival. As long as the dominating feature of the marriage union is wholly passion and entered into to gratify this instinct alone, so long will the divorce court function with aforementioned results and so long will unhappy marriages be the order of the day.

Fixed Principles. Physical, mental and spiritual cleanliness are the fundamental principles which should guide the young man and young woman anticipating wedlock. It is always well to have certain fixed guiding principles to go by and they will find them of incalculable value in realizing the full fruits of a happy and successful marriage. Without the guidance of these absolutely necessary qualifications, the marriage bond, so happily entered into, will end in unhappiness and complete failure. The mating instinct, which in itself makes sex attraction of paramount importance, being strongly embodied in the structure of every living being, it behooves members of either sex to look well before they leap into the bonds of matrimony, lest they realize, when it is too late, the sad fact that their marriage was a curse instead of a blessing.

Notwithstanding the many present day divorces, unhappy unions, desertions, etc., already referred to and the discontent, dissatisfaction, disloyalty and inconsistency to be met with in married life, and the arguments brought forth, occasionally, to picture marriage as a complete failure, by many of those, who, either through being mis-mated or through unhappiness caused by a misunderstanding of each other or ignorance of the natural laws governing conjugal relation, it must be conceded that the marital union, is indubitably, the only form of coalition

of the sexes, which can bring lasting success and happiness.

It is an acknowledged fact that marriage, being the natural condition of the adult, brings everything worth while in human nature to the front. Our greatest, brainest and best lay great stress on the fact that it was the contentment, happiness and encouragement they met with in their married state, which were primarily responsible for their success in life. There are innumerable instances on record, which go to prove, beyond all question of a doubt, that a harmonious marital union is an absolute requisite to the complete happiness and success of the individual.

Love May Wither. One point, which everyone, irrespective of sex, would do well to impress very firmly upon their minds, especially young wives and young husbands and those that expect to be married, is the erroneous idea that true love never dies. This is one of the gravest mistakes of married life. Love will wither and decay just as the flower plucked from the garden bed, if neglected. Love is a sacred flame which has to be fed with the fuel of human kindness, faithfulness, affection and a desire to make the best of things at all hazards. Without this fuel it will languish and die, just as the flame from the furnace fire will smolder and cease to throw forth warmth if not supplied with the essential heat producing elements. The young

married couple must always remember that this world is not a bed of roses. There will be many ups and downs; many obstacles to surmount; many crosses to be met with; there may be petty jealousies to contend with, and love will be sorely tried betimes. Those are some of the divers occasions when the power of love will be put to the test. An indiscreet word or action at those vital moments may wreck the very foundation of love. A kind word of encouragement or loving embrace, as the case warrants, should fill the gap. You should express, whatever loving sentiments that you may feel towards each other, on every possible occasion. You should not neglect the many little courtesies, lover's embraces and kisses. In other words, you should make your married life one long courtship, not an occasional one, lest the holy, sacred flame of love may smolder and die, and once dead, may never be rekindled.

LESSON III

ESSENTIAL SEX KNOWLEDGE

Every business and profession of today requires special training, if proficiency is the goal to be reached. This same rule should apply to the young man and young woman branching out into manhood and womanhood. Especially is such a training an absolute prerequisite to successful, happy motherhood. We sit idly by and allow the young woman of today to enter into the bonds of matrimony without any previous training and, in the greater number of instances, in complete ignorance of sex psysiology, notwithstanding the fact that we would not think of this young woman in any other special line of endeavor without proper training in such a sphere of life. With such conditions dominating present day society, can it be any cause for wonder that there is so much illness among women of today, due, admittedly, to heredity in some cases, but to ignorance of the fundamental principles regarding sex anatomy and the physiological functions concerning her sex life, in a goodly number of instances. Can there be anything more absurd than to consider sex education, along this line, prejudicial to a young woman's welfare.

The writer will not go into womans' illness, in detail, here. Enough has already been said,

whereby the average man and woman, who follows its precepts, and who is careful in all other respects, may lead a happy married life and reap the full benefits of the nuptial blessing bestowed upon them. "The best laid plans of men and mice gang-aft-agly." This might be said to be as true of married life as of any other project and this maxim is just as applicable to the marriage union as to any other sphere of life. Nevertheless, extreme precaution should be used when choosing the father or mother of your offspring. This should especially apply to the young woman anticipating wedlock. Many a young woman has been practically ruined for life, physically and mentally, by her choice of a spouse. "Look well before you leap" is a very good maxim to apply. Good looks or wealth do not always bring happiness. There are many angles to consider, which it would be well for every young woman to dwell upon seriously. Diseases can be prevalent, even in some of the best families.

Sexual Desires in Women Normal. Much has been said, in another part of this book, of the sex manifestations of the male and female. The contrast, when drawn, as already stated, is very perceptible. This is only as it should be, for obvious reasons. We trust that our readers will not misinterpret our meaning in this direction. We do not wish to convey the impression that the sex impulse is not strongly developed in the

average healthy woman. The emotional impulse for procreation, or creative energy, although seemingly dormant in the woman, due to her acquired habits of self-control, can be transmuted by the female, under favorable circumstances, just as forcibly as by the male. The erroneous idea formed by a good many women, particularly the younger women, that it is necessary to pretend the emotional impulse for procreation, when, at certain times, it is really conspicuous by its absence, is altogether very wrong, just as much as pretending that manifestation of the normal sexual desire is absent when sexual intercourse is really desired and the creative impulse strongly manifested within her.

Absurd teachings by older companions possibly and wrongful impressions gained through unwarranted prejudices, have a great deal to do with these unnatural conditions, whereby the young married woman is fearful, on the one hand, of being considered immoral or depraved or, on the other hand, lacking in the normal sexual feeling. The married woman should be guided by nature's laws and act accordingly, by being natural in her thoughts and actions at all times. The unmarried woman should bring her will-power to bear whenever she feels or experiences the manifestation of the sexual impulse. She should acquire self-control at all hazards, just as much, if not more, than in any other phase of her existence. The sexual ap-

petite, or desire for procreation, is a natural one and there is therefore no reason why the married woman should not appease her sexual desires as she would her normal desires in any other direction. If she had no appetite for food she would not partake thereof. Then why attempt to hide from her husband the fact that she does or does not, as the case warrants, desire pleasure from the sexual relation.

So much for the normal sexual impulses in women. Now let us treat awhile on the abnormal sexual desires in the female; their cause and cure.

Alcohol and Abnormal Sexual Desires in Women. With the exception of inherited traits in this direction, which are few and far between and a diseased condition of the procreative organs, abnormal sexual desires in women are far less pronounced in the female than in the male. Under certain conditions however abnormal sexual desires in women may be as pronounced in women as in men and in a good many cases, moreso. Let us take for instance the young women who indulges for the first time in alcoholic stimulants, either at the request of some so-called particular male friend or of her own accord, which latter however is of very rare occurrence, the tempter, in the form of some male acquaintance, invariably being the cause of the young woman's first alcoholic drink. In nearly every instance the means by

which the young woman secured her first alcoholic drink, or beverage, shall we say, was also the means by which she was eventually seduced, alcohol being one of the most powerful agents towards the downfall of any young woman and the most potent agency in the hands of the seducer. Its efficaciousness is ever powerful as an ally of the profligate, seducer or pimp, and, under certain circumstances, a deadly enemy of chastity. There are some forms of alcohol which have a tendency to excite the sexual passions and stimulate the sexual organs beyond what nature intended the procreative impulse for. Chief among these might be listed the following, which include champagne, port and sherry wines, gins, brandies, whiskies, etc.

Champagne is a favorite ally of the debauchee, or libertine in seducing young women, due to the fact, principally, that it is more palatable, more easily assimilated into the system and may be partaken of more readily without the drastic or nauseating effects which accompany other alcoholic stimulants. Gin, due to its general stimulating effects, especially upon the kidneys, has been much in vogue. Port and sherry wines, brandies, whiskies, etc. all play a very important part in producing abnormal sexual desires, especially in the case of the woman, considerably moreso than in men, due principally to the physical characteristics of the former. Just as morphine, cocaine, and other similar narcotics have a more powerful

effect on the woman than the man, so has alcoholic beverages of all kinds, in exciting the sexual passions beyond the normal stage. Every young woman should therefore be on her guard against alcohol in any form and refuse, absolutely, to touch intoxicating liquors of any kind outside of her own household and especially in the company of a male stranger or so-called acquaintance.

Result of Sex Ignorance and Parents Neglect. Although we have gone into this subject more deeply in another part of this book it might be well to state here a few facts relative to the menstrual flow, or "monthly period," as it is more familiarly known.

The writer knows, from past experience and acquired knowledge, to what extent prudery and false modesty will go in the rearing of children. The extreme care that is taken by a good many parents in preventing, in every way possible, their boys and girls from obtaining even the most rudimentary elements of sex knowledge, is really ridiculous, and were it not of such serious import, would be highly amusing and laughable. It may seem strange to relate, but it is nevertheless a well proven fact that many young women enter into the stage of puberty in absolute ignorance of the cause and reasons for the menstrual flow, or monthly period. Many girls at this critical time of their young lives believe they have met with an acci-

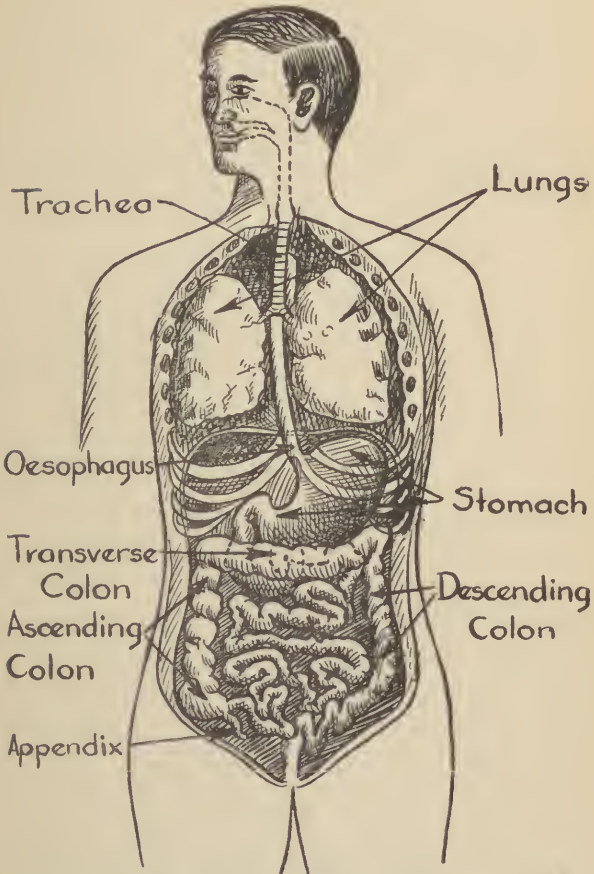
dent of some sort or other, which they cannot account for. Some even believe that they must have accidently cut or injured themselves in some mysterious manner, while others look for some diseased condition, directly or indirectly, connected with their sexual organs. They all proceed to curb the flow to the best of their limited knowledge, usually in as hurriedly and secretly a manner as possible, fearing their parents, elders, or associates may become aware of what they consider a mystifying fact. Their physical condition may be affected to a more or less extent, depending upon the temperament and emotional nature of the young woman. If they experience any of the symptoms which invariably accompany their first monthly period, they usually hide the fact also, or misinterpret and misrepresent the cause.

Why any young woman should be permitted to enter into this stage of her existence without being informed of the actual state of affairs by her mother, is more than the writer can understand. One would hardly think it credible that such conditions obtain even in some of our best regulated families. This state of affairs is undoubtedly carrying prudery and false modesty beyond the limits of reason. It is really distressing to think that any enlightened, intelligent mother would allow her daughters to reach this stage of their lives without giving them the advice they so badly need on this vital subject. Ignorance, in any form, is to be condemned and

none more so than in the sex relation. It cannot be impressed too firmly on the minds of all, that reliable information concerning the marriage relation is an absolute necessity.

The boy and girl is developed mentally and physically at our schools, his or her earlier training being received, when the brain is most plastic, at home. Who, therefore, are better fitted to educate their offspring, as the child develops, in matters pertaining to sex, than the parents? Is it not preferable to have your child receive information on the vital subject of sex from you, rather than obtain it from some illiterate school associate? It cannot be said to their credit that the majority of the parents permit their children to grow up untrained and in ignorance of even the most elementary principles of Sex Hygiene, and on the very rare occasions when the sexual organs are referred to, it is in such a manner as to arouse the child's suspicion, who, eventually, begins to look upon these organs as indecent. The morbid curiosity of the child being thus aroused, information is sought from other sources and is, invariably, obtained in such a coarse, low, vulgar way, from older children and depraved adults, as to completely shock the finer sensibilities, temporarily of course, sad to say, due to the fact that the insinuations and expressions, which, at first, shocked and caused a feeling of repugnance, were listened to and repeated later by the boy or girl themselves, as the case may be, without a qualm of conscience.

Plate II



Viscera of the Pleural and the Abdominal cavities

LESSON IV

VENEREAL DISEASE AND SEX IGNORANCE

The jocular manner in which so many young men speak of venereal diseases, even among members of some of our best families, is really heartrending. It makes one shudder to think what may eventually become of the youth who makes a jest of what might be termed one of the most momentous and perplexing problems with which society has to contend with today. Many of those young men, in conversation with their youthful companions, boast of the fact that they have contracted venereal disease on several occasions. Some have been known to remark that they would much prefer certain forms of venereal disease to a bad cold, as they seem to think they can get rid of the former more easily than the cold. These conditions obtaining in our midst may be said to be simply and solely due to lack of knowledge on even the most fundamental elements of the sex relation. Would it not be considerably better, in fact a boon to those young men, to advise them of the evil of their ways? Were it not better for those young men, instead of being permitted to reach the age of maturity in such ignorance of the sex relation, to have been cautioned by their parents, or at the schools, against the evils at-

tending cohabitation with loose, or lewd women, thereby preventing the possibilities of ruining themselves physically, mentally and morally, and blasting the lives of their families by transmitting the disease to their offspring and even their wives?

A few of those young men may possibly have inherited a depraved sexual nature from some one or other of their ancestors, for it cannot be gainsaid that heredity is the foundation of character. The same law of heredity will not permit apricots to grow on orange trees, nor roses to bloom on sage brush, nor bananas from the pineapple shrub. We cannot escape our heredity; whether they be virtues or vices, they are our inheritage from our ancestors. A good many organic diseases are traceable to heredity, including tuberculosis in its various forms, embracing bone, lung and lymphatic glands; certain forms of heart trouble; insanity, etc. Therefore it is only natural to expect that a depraved sexual nature can be inherited from past generations, which will assert itself on every possible occasion, unless curbed by the individual will-power. It has been proven conclusively that, whether they be vices or virtues, they can be handed down to the third and fourth generation.

If the average young man only knew the appalling results produced through contracting venereal diseases, the thoughts of associating with fast women, or prostitutes, would, to say

the least, be repugnant to him. Venereal diseases, in themselves, especially in some forms, are of minor importance, compared with the serious results which appear years after their acquisition, when the individual has been lulled into a mistaken sense of security by long freedom from manifestation of the disease and believes a cure has been effected. It is a very serious mistake to think that venereal disease may be gotten rid of very easily, by the use of quack medicines, or so-called quick cures, as advertised in the various magazines, etc., and obtained at the many drug stores throughout the country. Such remedies, often called "blood purifiers," are a complete fake. There are other remedies, which apparently cure, but are really misleading, insofar as they just treat the complaint and not the cause and, in reality, leave the venereal patient in a worse condition than before, due to the fact that he is lulled into the belief that a cure has been effected by the stoppage of all outward syptoms. The young man should understand that the germs of venereal disease lurk in the system years after the outward symptoms disappear and certain forms may be communicated by cohabitation, or occasionally by personal contact, such as a kiss. Articles moistened by his secretions, such as towels, drinking utensils, etc., have also a possible tendency to transmit the disease.

It is extremely difficult to distinguish be-tween the two principal forms of venereal dis-

ease—chancroid, or soft chancre, and syphillis, or hard chancre. A reputable physician should therefore be immediately consulted and his advice should be accepted and faithfully carried out. The young man should waste no time on so-called speedy cures, which are only meant to deceive, by removal of the outward symptoms, which lead the patient to believe he is apparently cured and are only manufactured for financial gain. Insanity, apoplexy, general paralysis, or paresis, locomotor ataxia and heart disease are but a few of the many diseases which may be produced as the results of syphilis.

How many men and women of today, not to speak of past generations, are either physical or mental wrecks, or both, as the result of venereal diseases, due to sex ignorance, either on the part of themselves, or their ancestors? Our insane asylums and sanitariums tell a tale which cannot be looked over. Statistics conclusively prove that insanity is increasing at an alarming rate—in fact to such an extent that the question of segregation and classification of those unfortunately so afflicted has become of paramount importance. The adult man or woman, who, through heredity or otherwise, becomes incapacitated mentally and consequently a burden on society, deserves every sympathy and consideration. The numerous institutions scattered all over the American continent and Europe, filled in many instances to overflowing, are tangible proof of the ravages this terrible

disease is making on civilization. When we also take into consideration the number of feeble-minded children who are brought into the world annually, it becomes apparent that one of the most vital problems of the present age is how best to cope with this ever increasing burden on society. Contemplation of the fact that the State surrounding our greatest metropolis, with a total population in her sixty-two counties of little over nine and one-half million, has a total of approximately sixty thousand insane, is, in itself, convincing proof of the extent and seriousness of this terrible malady, which exempts neither race, class nor creed.

Under the present living and working conditions, medical skill and science seem to avail but little in combating this dreadful scourge, which, unfortunately, according to leading scientists, is handed down from past generations in a large majority of cases. How many, in those institutions, have contracted the dreadful disease of paresis, which is brought on, either directly or indirectly, as the result of one of the most loathsome diseases of the sexual organs, syphilis, and in nearly every instance due to sex ignorance on the part of the unfortunate man or woman who contracts this terrible malady?

Sentiment prevents the outside world from learning the vast number of paretic men and women—human derelicts, committed and incarcerated annually. This most dreadful of all diseases — commonly called "softening-of-the-

brain"—would, in all probability, not be so prevalent today, were more enlightenment thrown upon the subject and Sex-Anatomy included in the curriculum of our schools. Sex instruction should be considered of vital importance in the training of every young man and young woman. The use and abuse of the sexual organs should be made the subject of a special study and thoroughly discussed in a sane, sensible, practical manner. The young man should be given to understand that there are many pitfalls and that venereal diseases, once contracted, have a deteriorating effect, to say the least, on his mental, moral and physical well-being.

LESSON V

THE SOCIAL EVIL

Harlotry or prostitution, as it is more commonly known, comprises our existing so-called "Social Evil." The origin of prostitution can be traced back to very early days. The word, prostitution is very much abused and is applied many times very much out of place. Prostitution in the real sense of the word, or as we understand it, is not necessarily applicable to all women who make the mistake of loving unwisely but too well. A prostitute, if we are to go by Webster, is a female given to indiscriminate lewdness, a base hireling, or in other words, a woman who offers herself publicly for lewd purposes for hire—a strumpet. Illicit sexual intercourse with one or more men does not in itself constitute prostitution, in the fullest sense of this much abused term. We wish it therefore to be distinctly understood that wherever prostitution is referred to under this heading, it refers to women who patronize men for illicit sexual relations for the purposes of obtaining money, whereby they make their livelihood. Prostitution was known and practiced long before the fall of the Grecian and Roman empires. Its members are comprised of women from all spheres of life, but particularly from among the illiterate classes of society, not only

in the cities and towns, but the rural districts.

It might well be asked, what is the chief cause underlying prostitution? and what is the best remedy for this accursed evil? This is one of the questions which is troubling the minds of some of our greatest moralists, philanthropists, etc. It is a question which so far has defied some of the most determined efforts put forth in any cause for solution.

Poverty among the poorer classes with its accompanying allies, undoubtedly have a deal to do with filling our large cities and towns with those unfortunate specimens of the human race. Love of adventure contributes in some degree. Love of finery helps to a more or less extent. Degeneracy and mental incompetency, with its accompanying traits, indolence and aggravated ideals of city life, help considerably to enlarge the number. Passion, lack of will-power, etc. help to swell the ranks. The chief contributing cause underlying prostitution, however, has been proven beyond all question of a doubt, to be due to the fact that many innocent young women were seduced to their ultimate complete ruin through being kept in such complete ignorance of even the most fundamental elements of sex physiology, that the full meaning of their indiscretion or first false step never, even for one second, dawned upon them, until it was too late to remedy their mistake or make amends.

Ignorance of sex matters predominate to a

greater extent among many young women of the present day than the average reader is possibly aware of. When you take into consideration the fact that many of those young women would, in all probability, have led virtuous lives, were they better advised before they made the false step, do you not think it is high time that the false modesty, hypocrisy and prudery which permit such a condition to obtain, be dispensed with? We will leave this question to be threshed out by the reader. Some scientists lay claim to the statement that prostitutes are primarily composed of both moral and mental defectives, while others go so far as to state that all women who lead a life of harlotry, are imperfect in body, mind and soul.

One point in connection with prostitution, which should be dwelt upon seriously, is that, were the conditions of life reversed and women to seek men for illicit sexual intercourse, there would be no such accursed evil as prostitution in our midst. This, in itself, goes to prove that man is wholly the contributing cause or factor and, in reality, the source from which "The Social Evil" originated, or sprung. History proves this to be so and that the man is responsible for the woman's downfall. Existing conditions of society only help to strengthen this proof.

Masturbation and Unbridled Sex Relation. The average intelligent adult is fully aware of

the physical, mental and moral effects of masturbation on the human system. Although the mental effect is not so bad as some theorists would have us believe, it nevertheless has a deteriorating effect, which is only natural to expect when one takes into account the motive underlying the act. The average intelligent adult, as already mentioned, being aware of the dangers incident to masturbation, refrains from exercising his passion in this direction. Were this identical individual accused of being a masturbator, he would resent such an accusation, probably with all the strength within him and rightly so under normal conditions.

Let us go into this subject deeper and take, for instance, the habitue of what are commonly known as "Red Light Districts," or a man who makes a regular habit of visiting houses of ill-fame, or prostitution, in order to satisfy his sexual craving. Contrast this man with the masturbator. The former cohabits with women, in all probability, far below him, mentally and morally. Ask yourself the question, Can the result of such cohabitation have a beneficial effect upon this man's mentality, not to speak of his moral outlook? We say NO. It cannot but have a pernicious, destructive and degrading effect and compares very favorably with that of the masturbator, notwithstanding the fact that he had regular sexual intercourse as he would have had with his wife, were he married. We will leave all danger of the possibility

of contracting venereal disease from the women with whom this man cohabits out of the question, which is a feature which should be uppermost in the mind of every young man anticipating a visit to a brothel or home for prostitutes, or streetwalkers. If he is a man of a depraved nature, low mentality, or brutish inclination, the mental effect will not be great. He does not necessarily have to be a man of culture or refinement, but the more cultured and refined the nature the greater will be the mental deterioration. His real sexual appetite is not appeased any more than is the sexual desires of the masturbator. The mating instinct is absent. There is no affection on his part for the women he cohabits with. He receives no return or response, sexually so to speak, from the prostitute. She is a victim of circumstances, who is in the business for hire alone. She allows herself passively to cohabit with the man. The total result is that, as with the masturbator, he invariably is more disgusted at the termination of his act than previous to letting his passion run away with his good sense. Practically the same mental effect takes place as if he committed masturbation. Continuation of these conditions by frequent visits to the parlor houses, dives or brothels, as the case may be, causes his degradation and the deterioration of his mental powers more and more, so much so as to eventually cause him to become more and more perverted in his ideas of sex and ulti-

mately to cultivate abnormal sexual desires, which predominate in all houses of ill-fame. His mental condition by this time has become lowered to such a degree, his physique impaired, his will-power weakened and his moral aspect of life such that he sinks lower and lower into the dregs until he is eventually in the same boat as the women with whom he cohabited, the prostitute.

Now let us take the case of the young woman who starts on a life of dissipation and debauchery.

Woman's Despair, Error and Debt. Due to lack of proper knowledge of the sex functions, in many instances, or to please their lovers, or for various other reasons, many young women, before they know or think what the results of their error may be, permit undue liberties to be taken with them, occasionally. This is very, very wrong, no matter from what angle you may look at it. The world is teeming today with women who took this false step in their earlier life. The parlor houses and dives of our large cities may be said to be crowded with such women, many of whom looked upon their earlier indiscretion as a lover's mistake or girlish prank. It is the old, old story—true one, but sad. Error and debt. The former was committed, possibly, in a moment of forgetfulness, to be followered, sooner or later, by its companion in misfortune, the latter. Countless numbers of

those young women drifted to our large cities to be swallowed up in a life of dissipation and debauchery, ending, eventually, in premature death, invariably the result of some loathsome disease, "unwept, unhonored and unsung."

The writer's harassing experiences and his helpmate's, as subsidiaries in attempted uplifts, with women of this class, not to mention the confidences which he has been favored with by particular friends in the medical profession, with whom he has been in daily contact for very many years, have been such that any decent man or woman would shudder or recoil in horror at their narration. Even if space permitted, we would not, if we could, narrate them here. Enough to say that death was a welcome relief from their untold misery in many instances.

The vast number of young women who use their bodies for indiscriminate intercourse with the opposite sex or to lead the life of a strumpet, to die prematurely in utter desolation and despair, would hardly seem credible to the average reader. The greater majority of those young women were, formerly, good-meaning, innocent young girls, who were tempted to lead this life by the committal of some girlish indiscretion, which resulted in their downfall and consequent ignominy.

Due to the conditions which obtain in present day society, the young woman, no matter what other excellent qualities she may possess, who makes a fatal mistake of this kind, is looked

upon as a social outcast and treated accordingly. She is made to appear as a harlot, who deserves no sympathy or consideration and is ostracized as such. Is it any wonder, under those existing circumstances, that the unfortunate young woman seeks the bright lights of our large cities, to get away from such surroundings? She leaves for the city, with the best of intentions, to start life over anew. However, she finds city life not as rosy a path as she pictured. She may obtain suitable employment and she may not, more often the latter is the case. The temptations to make one more little mistake are many and varied. She may resist the temptations and she may not. If her will-power is sufficiently strong she may succeed. But how many do succeed in cases of this kind? Few indeed, dear reader. The underworld of our large cities prove this to be so. The few who do succeed in living a good, clean, straight life are worthy of praiseworthy consideration. Circumstances are against their less fortunate sisters. The tempter is always close at hand. He knows where wine and music are to be had. Her whole soul craves for company. She is lonely and sick at heart. Her idle hours are probably spent in some garret room. Her prospects of enjoying any of the luxuries she sees lavished on other women, are very, very remote. She is, in all probability, without the full necessaries of life, and the world—her world, looks very dark and dreary. The monotony of her existence is killing. She is eating

her young heart out with loneliness. The solitude of her surroundings becomes unbearable. The tempter comes along and whispers words of encouragement; attempts to demonstrate to the poor, misguided soul, as he prefers to call her, the folly of her strenuous efforts to live a good, clean life; flatters and cajoles her; appeals to her woman's love of finery and the good things of life; fondles and caresses her. "Those who live in glass houses should never throw stones." This poor young woman was more sinned against than she herself had sinned. She was more to be pitied than censured. Her downfall may be, justifiably, laid at the portals of society. The writer believes, when the day of judgment comes, that the sins of this poor misguided soul will be forgiven far more readily than those of a great many of our seemingly respectable members of society, whose cloak of respectability is as hypocritical as their lives.

It is to be admitted, and every experienced medical practitioner is aware of the fact, that all young women who take the first misstep are not included among the aforementioned. NO. We wish to lay emphasis on this statement. The mills of God grind slowly, but surely. Those women who lost their virginity and, for some reason or other, were not attracted to the cities, to lead an immoral life in the dives, or parlor houses, or as streetwalkers, were, if their sentence was not so severe, made to pay the penalty in various other ways, for their indiscretion, de-

pending on the inherent characteristics of the individual and their physical, mental and moral strength.

How many women are there today, who, due to aforementioned reasons, are denied the pleasures and happiness of childbirth? How many women of today live a life of untold hardship as the results of their early impiety? The world at large will never know. It is left to the few to acquire this knowledge. The conscience stricken, heartsick women in this world, who despair of ever reaching healthy womanhood, comprise a goodly number of those who have sinned and are repenting. Many of the aforementioned are married and, to all outward appearances, living happy, contented lives, but lift the veil and you will find a skeleton in the closet, which accompanies them to their graves. "The wages of sin are death." Young woman beware. Meditate deeply before you commit yourself to the slightest form of immorality, even, if at the time, it is pictured to you as a girlish prank. Profligacy is closely allied to such so-called girlish pranks. A good, clean mind and healthy body are two of the greatest assets any young woman can possess and the richest gifts she can bestow upon mankind. The attainment of those invaluable possessions should therefore be the height of every woman's ambition and to this end she should strive under all circumstances.

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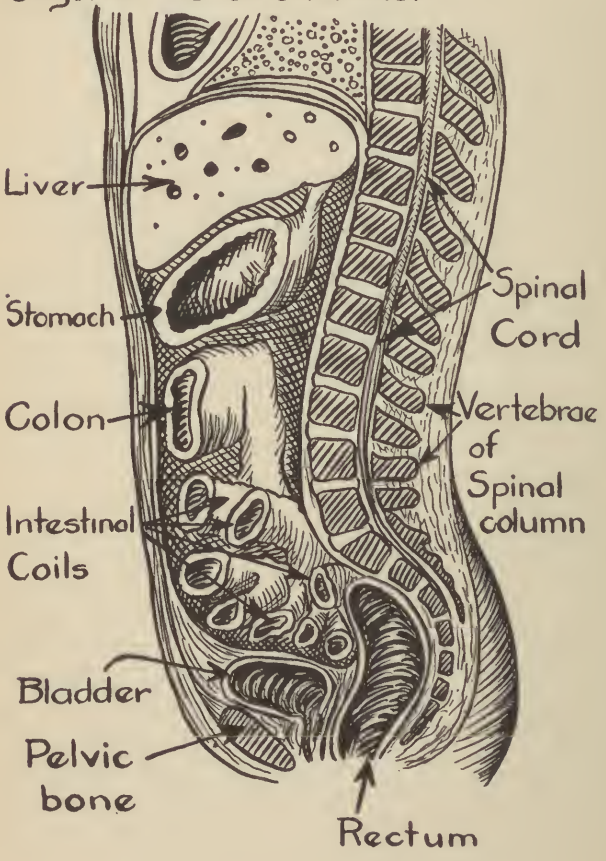
Plate III

Section of the body showing the relation of the internal organs to each other



LESSON VI

IMMORALITY IN MARRIAGE

Sensuality or lustfulness, in any form, is a disease which should be guarded against at all hazards. Sensualism is not confined to men alone. Although the deadly sin of lust is committed far less frequently by women than men, it is, nevertheless, an authenticated fact that there are many women who posses such a passionate, lustful nature, due, admittedly, in a good many instances to disease, inherited or otherwise, that it is a practical impossibility for the average man to fully appease their sensual appetite, without becoming either physically or mentally incapacitated, or both. The continual craving for sexual excitement and sexual intercourse, with this class of woman, is such as to completely warp the mind and dull the senses of herself and mate, particularly the husband of such a woman, if not held in check. Luckily however women on the whole are not characterized or stigmatized, if one may be permitted to use the word, with abnormal passions to such an extent as man.

The male sex of all species is possessed of more physical strength than the female, whether it be that strength which comes from muscular development or that which is the essence of vitality, or a combination of both. It has been

proven conclusively that man's brain power is stronger than woman's. Such being the case, that where physical and mental strength is more pronounced in the male than the female, is it not only natural to expect that the average man will be possessed of greater vital sex force than the woman? This is obvious. Therefore where a woman with a normal healthy structure or organization is mated to a man possessed of excessive vital force, something is eventually bound to happen, whereby the marriage relation, instead of being one of bliss and happiness, invariably ends in disaster, due principally to the fact that the woman is incapable of properly exercising what her mate is pleased to term or consider his marital rights. Notwithstanding that the wife of such a man would be well within her rights to resent such undue and unwelcome sexual relations, she, probably due to ignorance of the laws of nature, permits, if passively, never affectionately, such promiscuous sexual intercourse to continue indefinitely, until she either becomes a nervous wreck or constitutionally broken in health. It were far better that such a man or woman, as the case warranted, had chosen a more equitable partner, thereby alleviating the possibilities of an abnormal desire on either side.

The contrast between prostitution, in one sense, in and out of wedlock, is conspicuous by its absence, where untoward, or what might be

called unlawful sexual liberties are taken by either one or other of the wedded pair.

The erroneous idea formed by a good many married men and acquiesced in by the wife, due to ignorance, that they can throw all scruples to the wind in the marriage relation and that the marriage tie grants them full permission, or, in other words, legalizes unbridled sexual intercourse, is altogether wrong. Natures' laws have got to be obeyed or there will be a day of reckoning. Overindulgence or promiscuous amatory relation is a sin against nature, causing physical, mental and moral disaster and will, sooner, or later, reap its just retribution, in disease, sickness or death. As already mentioned, it is in very rare cases where the woman has been the contributing cause of abnormal sexual desires and in the greater majority of instances, if left to the woman's choice, too frequent sexual intercourse would be an unknown quantity.

Frequency of the Sex Relation. Notwithstanding the fact that a great deal of rot and nonsense has been written from time to time on the frequency which sexual relation must and must not be indulged in, it is a well known fact that moderation cannot be too highly recommended. No rule or law, however, can be laid down as a guidance. As already made mention of in previous pages, we are not all constituted alike and what may be advisable for one, would be inadvisable for another. Age cuts an im-

portant figure in the sexual relation. Vital force plays a leading part. Some men have been known to cohabit with their wives from once to twice daily for years without any apparent seriout effect. While in the case of others, much less frequency has wrought havoc. Daily sexual intercourse can only be indulged in without injury where the individual is possessed of extraordinary vitality. Even under the most favorable circumstances, physical and otherwise, it were far better for the individual if sexual relation between husband and wife were restricted to three or possibly four times weekly, excluding, of course, the menstrual period. There are undoubtedly many, otherwise robust, healthy men, to whom such frequent relation would be injurious, mentally and physically, depending upon the physical, mental and moral characteristics of the individual.

Occupation has a deal to do with the frequency with which the husband should cohabit with his wife. Let us take, for instance, two normal individuals of the male sex, who are alike in physique and both equally healthy in mind and body. One of these men earns his livelihood by hard, muscular labor, where the maximum amount of energy is expended daily. The other may follow, not necessarily a sedentary occupation, but one where the expenditure of energy is at a minimum, with just sufficient exercise of mind and body to keep him in good health. The latter could indulge in the sexual

relation with far more frequency than his contemporary. What might be said to be highly injurious to the former, might be said to have no material effect whatsoever in the case of the latter. For verification of this fact, the reader has only to refer to nature. The average man in normal health, who believes in moderation and is willing to forego sexual pleasures for permanent physical betterment, would be well advised to indulge in sexual intercourse not oftener than once or, at the utmost, twice weekly, or better still, we will say, four to six times during the calendar month, excluding the monthly period.

During a rather lengthened conversation the writer had with one of the most learned members of the medical profession of his time, some few years ago, the questions of sex relations was brought up. This man, who was possessed of exceptional intellectuality, made a special study of this subject in his younger years, which he improved upon during his years of a very extended practice. He was one of the few exceptions who practised what they preached. His personal experience along this line, given to the writer not many years previous to his death, which occurred at a very ripe old age, was to the effect that, notwithstanding his very successful practice, he would have been far more successful from a financial viewpoint, did he permit sentiment to play a part in his calling. In other words, if, in his dealings with many of

his patients, had he refrained from giving advice tending to eliminate the evil of too frequent sexual intercourse, or overindulgence in the sex relation, thereby starting at the root of the evil by treating the cause and not the complaint, he would have been far more popular in his professional capacity.

This, in itself, goes to show the difficulties to be met with in treating on this subject at length and, at the same time, prove the efficacy of moderation, due to the vast amount of prejudice to be met with in all walks of life. Some consider that nature asserts itself at all such times and the individual should be guided accordingly. This is not a truthful statement, neither is it a falsehood. It is what we might term, half the truth and therefore difficult to disprove. The writer however wishes to take issue with this statement and could cite innumerable instances to prove the fallacy of this assertion in the real, true sense. Incorrect impressions formed by the mind have a great deal to do with promiscuous sexual indulgence. Adapting oneself to unnatural conditions breeds a morbid sensuality, thus what is considered a call of nature, is nothing more or less than a diseased state of mind.

Adaptation to Nature's Laws. The adaptability of ourselves to natural conditions means ease and grace of movement, along the lines of progress, health, happiness and prosperity, with the least amount of friction. Nature can only

be conquered by obeying her. The inner sensations must correspond with outer impressions, in every particular, before there can be a correct judgment formed by the mind. The knack, or habit, of seeing things in their true relative proportions is the first necessary requisite for right relationship. Such relationship is not dependent upon the sense of vision alone, but every sense and faculty of the human understanding must be brought into active use. The welfare, health and even the life of the physical body rely upon the skill of the intellect to give instantaneous interpretation to the sensations. The sensation, if one of fear, as if suddenly confronted by a very poisonous reptile, will be interpreted from past experience or acquired knowledge, as a warning, and immediately preparation is made for defense or flight, depending upon the occupation or character of the individual. The smooth, noiseless, easygoing, frictionless movements depend upon the ability of the individual, either through cultivation of the instinct, by a long continued process of refusing the harmful and accepting the beneficial or through the tact, skill, art or shrewdness gained through knowledge or experience.

In conclusion it might again be said that knowledge of the fundamental elements of sex phsyiology and a thorough appreciation of such, is of paramount importance, and would help considerably to alleviate the conditions which exist in a good many unhappy unions and pre-

vent immorality in marriage, in the greater number of instances. If the information which this book contains leads the reader towards this goal or helps in alleviating the conditions which obtain in a good many unhappy homes, the writer will consider he has been amply repaid.

LESSON VII

MISTAKES OF THE BRIDEGROOM

The newly wedded bride and bridegroom cannot be too careful in their sexual relation and should look upon this phase of their existence as nature's means to a beautiful end. Nature can only be conquered by obeying her. This should be borne well in mind by the newly married lovers. Too frequent sexual intercourse may be indulged in to the detriment of both parties. Temptation should, therefore be avoided in the marriage relation, as when sweethearts. Satiety is to be condemned, as it impairs passion and is detrimental to health, and if continued, will undoubtedly kill the love which made the marriage union sacred.

The depravity of gratifying your passion excessively, should in itself, be sufficient excuse for preventing overindulgence in sexual intercourse. Overindulgence in anything is a sin against nature and brings in its path, disaster and ruin, and is especially applicable to excessive gratification of your sexual desires. Exercise of your will-power is therefore to be highly commended in the sex relation. Anything which tends to weaken your will-power should be scrupulously avoided, as it is the supreme power bestowed upon mankind. Some of the male sex have, what might be termed, an uncontrollable

sex nature, due, primarily, to weakness of the generative organs, brought on by want of cleanliness, perverted ideas and wrong habits of living, or in very rare cases, from some inherited trait. Sitz baths, taken regularly, and other forms of cold water bathing, strengthen the organs of generation, clean and prevent any superfluities which may collect on and around the glans, and accompanied by good wholesome literature and clean thoughts, will eliminate this abnormal condition.

Happiness in Marriage. Happiness in marriage is one of God's greatest gifts to mankind. It has been well said that "Happy marriages are made in heaven." No man or woman can expect complete happiness in wedlock, who do not look upon their marriage tie as sacred. Cleanliness, therefore, in all things, body, soul and mind, is a prerequisite to the ultimate, everlasting success of either sex. Cleanliness in everything pertaining to the sexual organs is of the utmost importance, especially so in the case of the young woman. Everyone must admit that the same law should govern the actions of both sexes. In spite of this fact it must be admitted that society forgives the man for many indiscretions, which, if committed by the woman would be looked upon with askance and, in very, very many instances, would cause her ostracism and consequent social degradation.

There are many married couples, in all walks

of life, who, if told they were living a life of immorality, would be greatly chagrined, to say the least. Nevertheless such has been proven to be the case, unknowingly, without doubt, in the greater number of instances. Sensuality of either sex is primarily, if not wholly, responsible for immorality in marriage. A sensual nature will sacrifice the happiness and comfort of self and mate to appease his or her abnormal passion. Carnal gratifications are debasing and will, most assuredly, wreck the hearth and home, if not held in check.

Love, the essence of married happiness, cannot possibly survive, where sensualism is the predominating feature of the married relation. The bridegroom should bear well in mind, if he desires to hold the love of his spouse, that he should be ever and always on his guard against carnality in any form and act accordingly. There is, admittedly, great temptation, on the bridal couch, to overindulgence in sexual intercourse and, ere well the bridegroom knows the fatal result of his concupiscence, he has wrecked, what, in all probability, otherwise would have been a happy married life. The intimacy of the marriage relation should be no excuse for carnal pleasures. There is a happy medium in all things. If there is one place more than another where this rule applies more forcibly, it is in the intimacy of the relation of the newly married couple. The bridegroom should always remember that he was chosen by

his wife, probably, from among many, as her ideal mate and father of her children. She respected and honored him as such. She considered him a man among men, and, in one sense, a leader of his kind. Once this respect and reverence is lost, love soon vanishes, with the result that, what started out, to all appearances as an ideal union, sooner or later ends in utter failure. The divorce court does not tell all. It behooves the bridegroom, therefore, to curb any unnatural passion which may assert itself. Eternal vigilance should be his watchword. To this end he should do everything possible to strengthen his will-power. The wife has it within herself to aid and assist him, and should use every means in her power to do so, and, in time both will, in all probability, discover that the end justified the means used, to bring about the ideal conditions and wedded happiness, which should prevail and which nature intended for those who abide by her laws—a happy married union.

Lustful Embraces Wreck Marriage. It cannot be too strongly impressed upon the mind of the bridegroom that any unnatural or deformed ideals he may have cultivated relative to the bridal couch, during his past life, when he may possibly have indulged not wisely but too well in so-called affairs of the heart, or in his dealings with lewd women or misinformed companions, that he is entering into a new phase of

his existence, which calls for the best that is within him, morally, mentally and physically. He should therefore throw into the discard any distorted ideas, false notions or impressions he may have formed from his past experiences. Many what would otherwise have been happy married unions have been completely wrecked on the rocks of ignorance, due to wrong ideals and impressions obtained in youth and early manhood.

There are many, otherwise perfect specimens of manhood, physically, mentally and morally, who, due to the fact that they have been misinformed and maliciously so in a good many instances, in their earlier days, on sex affairs in general and married life in particular, believe it is quite right and proper to indulge in sexual intercourse as freely and promiscuously as they deem fit, immediately they take unto themselves a spouse. They do not seem to think for even one short minute that full and complete acquiescence on their wife's part, not passivity, is of the most vital importance, if the ultimate lasting success of the marriage relation is the end for which he is striving or the goal to be reached. What many a newly made husband considers his just marital rights is nothing more or less than enforced slavery from the viewpoint of the newly made wife, whom he swore to love, honor and esteem. Such actions on the part of the husband lowers him from the start in his wife's estimation, in fact to such an extent during the

first few days of their wedding as to cause her to yield passively and in a goodly number of instances, with repugnance to his advances and loving embraces, to which she considers herself, and rightly so, a slave.

The question may be asked, what is the bridegroom to do in a case of this kind? At this stage of the game the writer fears nothing can very well be done to allay or remedy the evil already wrought, as once the love and respect of a good, pure, chaste woman is lost it rarely can be retrieved. The wife may continue to rear your children and prove a boon companion to you in need, but never, never, will she look upon you as she did previous to your display of lust during the earlier part of your honeymoon.

Consummation of the Sexual Relation. The writer, during his travels on the South African continent, received an invitation to a wedding festival in Cape Colony, where a prosperous Malay merchant's daughter became the bride of a member of her own race. Immediately following the marriage ceremony, the bride was led from the altar and escorted to her father's house, where she was to remain in seclusion, within the precincts of the paternal home, for several days and sleep under her father's roof each night during that period, previous to again meeting her husband, who then took her to her new home. Being a particular friend of the family I was informed, in answer to my query

for an explanation, that they were following an ancient custom, which was adhered to rigidly by some of the better class, well-to-do families.

Were such a custom in vogue today we firmly believe it would be for the immense betterment of mankind. Notwithstanding the fact that this custom is practically obsolete today and would be looked upon in our country as antiquated and out-of-date, it undoubtedly had many redeeming features, chief of which might be considered the benefits which the newly made wife would derive therefrom, in giving her a chance to recuperate from the stress and worry of the marriage ceremony and wedding festival, and its accompanying excitement, not to mention the fatigue incident to preparing for such an event. The nervous strain, brought on by the many little annoyances and worries which the average young woman has to undergo in preparation for what might be termed the crowning event of her life, and the excitement incident thereto, has an exhausting, nerve wrecking effect on the newly made bride. She has been working under high pressure for days and weeks before the wedding ceremony takes place, probably, with the result that when the reaction of the high tension, under which she has been living, sets in and the strenuous efforts she has undergone, have ceased, she is much more in need of both physical and mental rest than she is of undergoing the excitement at-

tendant on the consummation of the sexual relation.

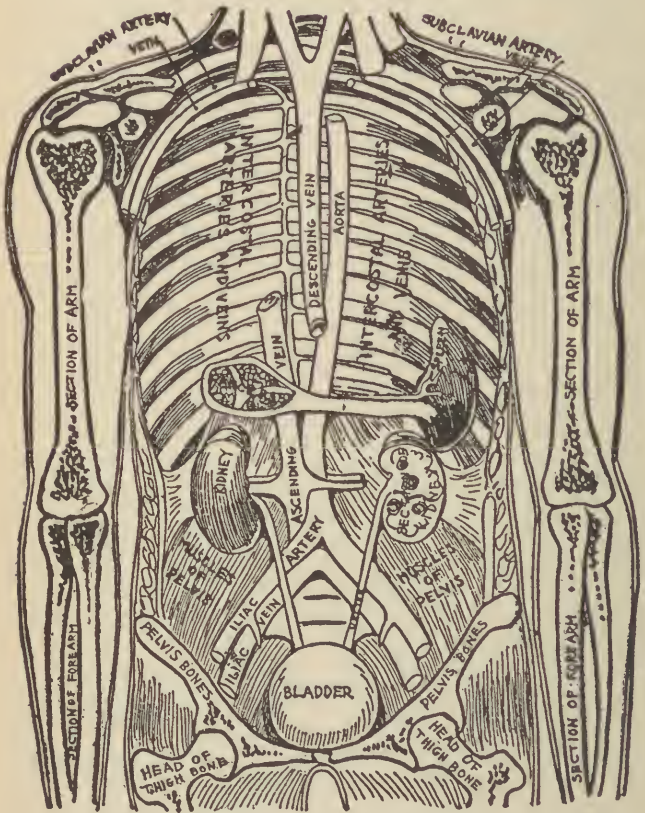
If the newly married husband or bridegroom would only take this phase of the subject into consideration and act accordingly, he would be far better advised than to force his attentions upon his newly acquired mate at a time when such conditions prevail. At the conclusion of aforementioned rest period, or let us say after the first few days of the honeymoon, it is ample time to think of consummating your sexual desires. Even then, great care should be taken by the bridegroom not to abuse the privilege bestowed upon him by coarseness, grossness or lasciviousness in any form whatsoever. The bridegroom should at all times have an intelligent appreciation of the many little courtesies, delicacies and risks involved in the newly married relation and be as considerate, loving and gentle as it is possible to be under such circumstances. The bridegroom should always remember, in fact he should keep it uppermost in his mind, that the future happiness of himself and his newly wedded spouse depends entirely upon his actions at those critical moments. He should also bear well in mind that any untoward act committed, whether indiscreetly or otherwise, will be registered against him in big black letters on the mind of his newly wedded partner.

Happy is the man who, after the honeymoon is a past, pleasant memory, still holds the reverence, respect and love of his wife as he did in

their courtship days. It has been truly said that, "Love of man's life is a thing apart, of woman her whole existence."

Pure, unadulterated love means life itself to woman. Everything else comes a poor second. Even gratification of the sexual instinct is of secondary importance in the life of a woman, arguments and statements to the contrary notwithstanding. It therefore behooves every man, who desires complete bliss in wedlock, to do everything in his power to strengthen that love, for, as already stated, once it is lost it can never be wholly retrieved.

Plate IV



This Plate Shows the Relation of the Pancreas to the Spleen, the Urinary Apparatus, the Deep Muscles of the Abdomen, the Vascular Supply of the Trunk and the Principal Bones of the Arm.

LESSON VIII

ANATOMY AND PHYSIOLOGY OF THE MALE AND FEMALE REPRODUCTIVE ORGANS

It is of vital importance, not only for the individual, but for the betterment of the race in general that every man and every woman should have at least some knowledge of the reproductive organs of the human body. It is rarely this knowledge is imparted in such a way as to be readily understood by the average individual. Scientific knowledge on this very important subject is gotten up in such a manner and elaborated on to such an extent that it, in reality, bewilders rather than helps the average reader. In bringing this subject before our readers we have endeavored, to the full measure of our ability, by the elimination of all irrelevant matter, to reduce it to a concise, condensed, yet sufficiently explanatory composition. In its preparation we have endeavored to present in as perspicuous a form as possible, free from superfluities, information, which, to a certain extent, would otherwise be more or less inaccessible to the average layman.

Prudery, false modesty and antiquated ideas have covered this subject with such a cloud that it is well-nigh impossible for the average in-

dividual desiring such information to obtain it in a plainly understood and intelligent manner.

The parents of the young man and young woman deem it unnecessary and unwise, due, principally to ancient prejudices, to impart any information whatsoever which, in their foolish opinion might be misinterpreted or misconstrued by their children and act accordingly by allowing them to develop into the bloom of full manhood and womanhood in complete ignorance of the laws and functions which govern their sex organism. Is it any wonder, where such conditions obtain that so many young men and young women go astray from the paths of virtue, in the greater number of instances, unintentionally, for want of advice and education on the most important functions which govern their existence?

As already stated, false prejudice and custom have hidden this subject behind such a cloud of mystery that the young man or young woman who desires information along this line is considered, to say the least, premature and over-inquisitive, if not impure in soul and unclean in mind. Their moral character is under suspicion, as is their modesty, for even attempting to seek information on this very important phase of their young lives. These conditions are especially applicable to the young woman, who is looked upon with suspicion at every turn and treated with a certain form of contempt for simply endeavoring to obtain some knowledge

of her sex-nature, its use and its abuse, etc. Happily such conditions are being slowly, but nevertheless surely, relegated to the long-forgotten past and a brighter future is in store for those who would understand the real conditions underlying the reproduction and perpetuation of the species.

In describing the reproductive organs of man, it might be interesting as well as instructive to note that, if the male were followed from the time of birth on up to maturity, several important phases would be noticeable. At birth, the testes (testicles), will have descended into the scrotum and there be normally lodged. Under some abnormalities, however, the testes or testicles do not descend but remain within the abdominal cavity, or they may descend or ascend at intervals. In cases where the testes or testicles do not descend into the scrotum, there are possibilities of sterility in the individual. Much variation, however, occurs along these lines. If it is possible for the testes or testicles to pass into the abdominal cavity, the intestine may pass down through this cavity and cause a ruptured condition or inguinal hernia.

REPRODUCTIVE ORGANS OF THE MALE

In normal male individuals, the reproductive organs, or the external and internal genitalia are as follows: The Penis and Scrotum on the

external side, with the Testes or Testicles; Vas Deferens, or tube leading from the penis; Seminal Vesicle; Prostate Gland and Epididymis on the internal side.

The Penis, located at the pelvic region of the human trunk, is the most pronounced organ of the male genitalia and is composed of a spongy, erectile tissue and urethra, or tube, which leads from the bladder to the penis, for the carriage of the urine and seminal fluid. It completes, in conjunction with the vagina in the female, the function of coition. The prepuce, or foreskin, as it is more commonly called, acts as a covering for the end of the penis.

The Scrotum, situated immediately behind and below the penis, is a covering for the testes or testicles, which is divided into right and left halves, on the inner side and contains a testicle on either side.

The Testes or Testicles are two in number, located in the scrotum and composed of a large number of tubes from which the Spermatozoa or generative seed of the male develop. These coiled tubes unite together into a conical mass, which unite with the vasa efferentia, eventually connecting with the epididymis and finally connecting with the vasa deferentia.

The Vas Deferens connects with the lower part of the epididymis, passing through the pel-

vis and abdominal wall to connect with the seminal vesicle.

The Seminal Vesicle or reservoir for the spermatazoa are two in number, situated on either side and below the bladder and connect with the urethra.

The Prostate Gland is situated at the beginning of the urethra and is composed of muscular and fibrous tissue, also glandular cells, which produce a liquid secretion of unknown function. It compares in size with an ordinary full-sized chestnut.

The Epididymis is a long coiled tubular portion of the internal genitalia or inner reproductive organs, connecting the vasa efferentia with the vas deferens.

REPRODUCTIVE ORGANS OF THE FEMALE

The external and internal reproductive organs, or the external and internal genitalia of the female comprise the following:

The Labia Major, located on the outer edge of the external genitalia and, unless when contracted, covering the clitoris and labia minor, corresponds with the scrotum in the male and extends backwards from the mons pubis or pubic mountain. They are composed of folds of skin tissue in the form of lips.

The Labia Minor, located immediately inside and, unless separated, covered by the labia major, is composed of thin folds of skin, forming what is commonly known as the inner lips. They unite both above and below the vagina and urethra.

The Glans Clitoris, located just above the union of the labia major and labia minor, surrounded by a small sheath or hood, which, at its extremity, resembles a very tiny bulb, corresponds with the glans of the penis in the male and like the latter, being very sensitive and susceptible to excitement, is the leading cause of the sensation derived by the female during sexual intercourse.

The Hymen, located just below the urethra opening and between the lips of the labia minor, forms a complete covering for the vagina in certain forms of virginity. This does not necessarily prove that, where the vagina is not completely covered by the hymen or in cases where this membrane is broken or punctured, that virginity does not exist. Where this fallacy originated we cannot say, but it has been proven conclusively that absence of the hymen is no criterion that a young woman has lost her virgin purity or maidenhood. This is another antiquated idea which it would be well for every young man and young woman to dispel from their minds, as it is nothing, more or less, than a ridiculous fallacy. The hymen is composed

of a skin like tissue or mucous membrane, having the shape of a crescent.

The Oviduct or Fallopian Tubes are attached to the uterus on either side. The oviduct or fallopian tubes, which are convoluted, carry the ovum or egg from the ovary or abdominal cavity down into the uterus to either be passed to the exterior at menstruation or be fertilized at pregnancy. The fallopian tubes are connected with the uterus in the middle line of the body. At the opposite end they are free and greatly enlarged. This free end, which is fimbriated or fringed, comes in contact with the ovary, ordinarily at the time of ovulation.

The Vagina is composed of muscular and erectile tissues. It extends from the uterus to the outer part of the genitalia, or generative organs, in the form of a channel through which the menstrual fluid passes. Childbirth also takes place through this passage or channel. It is located between the bladder and rectum. It connects with the urethra and bladder abdominally. Its lining is composed of a mucous membranous substance.

The Uterus, which, in the fully matured woman, is somewhat in the shape of a pear, is located in the pelvis, between the rectum and the urinary bladder. The muscular fibre which composes the walls of the uterus is very strong and pliable. The uterus, being called upon at

childbirth, to expel the fetus, has sufficient power, in a normal healthy woman, to expand to an extraordinary degree, thereby, due to its capability of expansion, making childbirth comparatively easy. It is hardly necessary to mention here that, during pregnancy, the uterus contains the fetus, expelling it at birth.

The Ovaries are the organs wherein the ova, or eggs, develop in the female. They are of an elliptical shape, two in number, located, one at either side of the uterus.

As already stated in our introductory to this subject, we have attempted to explain as clearly and concisely as possible, without any superfluities, what we deem sufficient knowledge concerning the reproductive organs in both the male and the female, or, in other words, the process of regeneration and we earnestly trust aforementioned description is sufficiently explanatory to benefit those men and women, whom prejudice and custom have prevented from otherwise obtaining information on even the most elementary principles which govern their existence.

LESSON IX

THE PHYSIOLOGY OF REPRODUCTION

The entire human organism is dependent on the germ cells, the egg and the spermatozoa for its development, the ovum, or egg, formed in the adult from a great number of potential eggs, which have developed from the early embryonal life. In the newly born female there might be found, in round numbers, approximately five hundred thousand of these potential eggs, but upon examining the ovum at the age of maturity only approximately one-tenth of this amount, or about fifty thousand, could be found. The explanation for this, lies in the fact that the remaining cells have distintegrated. Of this number only a comparatively few could be completely developed and extruded, if only one were liberated at a time, as it is generally believed, over a period of thirty odd years, or, in other words, from puberty to menopause, which latter occurs about the age of 45.

Menstruation. The period of puberty, as already made mention of in another part of this book, depends greatly upon climatic conditions and may occur at any age from eleven or twelve to seventeen and eighteen. The age at which puberty arrives depends also upon health conditions and racial characteristics. The age of

fifteen, under ordinary conditions, is generally conceded to be around the period of puberty. It is at this time of their lives that the child-bearing potentialities have been gained by youth. At this period of their existence, menstrual flows have started, either regularly or irregularly.

The adolescent period covers close to three years, from the age of puberty as stated above, at fifteen years, to approximately eighteen years old, when the young woman becomes mature in every sense of the word, with the development of rounded figure, including the enlargement of the breasts and hips.

Menstruation, if regular, will occur about every twenty-eight days, varying in some cases, according to the physical characteristics and general health of the individual, from about twenty to forty-two days. Menstruation is called the "Period" and consists of many accompanying phenomena, the first of which is accompanied by a peculiar warning sensation and even pain in some instances. This period is marked by increase of vascular content and glandular secretion of the uterus, with accompanying increase of the connective tissue of the cells of the uterus. At the end of this preliminary period there follows the true period of menstruation, which may last from three to five days. This period is marked by sloughing off of this thickened inner coat and some of the underlying layer, probably causing the discharge of some

blood of this coat, which had collected during the period of congestion. Contraction of the uterus occurs at intervals which are painful and weakening. Following this period there is a regeneration of the lining cells of the uterus, which have been sloughed off during the menstruation proper, the uterine glands having now become normal in their secretion.

Menopause. Menopause, or what is commonly called "change of life" in the female, is the change which comes to all women after their period of sexual activity, when their regular menstrual flows and ovulation cease. Generally, many other changes may be co-incident with this critical period in a woman's life. The general health may show a decided improvement or be impaired to a more or less extent. Even change of eyesight has been known to occur at this period. Some of the accompaniments of menopause are described as feelings of hot flashes, rush of blood to the head or face, some slight digestive disturbances, etc.

The woman now begins to realize that her sexual life is becoming less active and she cannot give birth to children. The latter gives rise frequently to a feeling of despondency and emotional unstableness, exhibited by fits of crying, irritability, peevishness, etc. The menstruation is irregular. The latter may skip two or three months and the woman may become unwell periodically for several months. This irregularity

of menstruation may persist over a period of two or three years, before menstruation entirely ceases. The aforementioned symptoms of menopause may be fleeting and of no consequence. They may, however, become so severe that medical attention should be sought for their relief. At this period of life, cancer of the uterus or cervix may develop.

Pain, as a symptom of cancer, is too often a late symptom. However, should pain develop at any time during or after menopause it should receive careful investigation. Any blood stains on the linen, which may appear as merely small blood spots or any sudden considerable loss of blood, which cannot be satisfactorily accounted for, is also deserving of the most careful investigation at this time of life, in order to successfully combat the possibilities or probabilities of a cancerous growth in or around the uterus or cervix. It therefore is of the utmost importance that every woman who reaches menopause should watch carefully for any symptom, no matter how slight, which may be the forerunner of cancer and thereby save herself unnecessary suffering and possible death. If she has any doubts whatsoever regarding her condition she should visit her physician without delay, for, as already stated, pain, as a symptom of cancer, comes too late in a great many instances to effect a cure.

OVULATION

Ovulation, or the escape of the ovum, or egg, from the ovary, does not always occur at exactly the same time as menstruation. Ovulation may precede menstruation, or follow it within one or two weeks. Ovulation may even occur without any definite time relation to menstruation. Ovulation has been known to occur even during pregnancy. If the liberated egg becomes fertilized by the spermatozoa, changes, at once, begin to occur, which eventually result in the formation of a new life.

Fertilization may be possible in the fallopian tubes, or oviduct, but it also occurs in the cavity, immediately after its leaving the ovary and after its descent from the fallopian tubes. Spermatozoa, upon entering uterus, must work its way up into the tube against the beating of the hair like projections, which are called cilia and therefore its movements are slow compared to its normal movements, as it is said to take approximately ten hours to reach the ovum, or egg. Only one spermatozoa generally penetrates the ovum, (egg) and causes fertilization, but many may attempt the entrance. When the spermatozoa comes into contact with the ovum, or egg, the head becomes buried, while the tail soon disappears. The head of the spermatozoa develops the nucleus which unites with the female egg nucleus to give rise to the paternal

characteristics of the developing embryo or child.

At ovulation, usually only one egg is liberated at a time. Sometimes, however, two or more ova, or eggs, are ripened and extruded, fertilization and development occurring from each ovum, or egg, making twins or triplets of the ordinary variety, which are not necessarily of the same sex, but may be both.

If one egg, however, becomes ripened and extruded, it may upon fertilization, start in its process of development and after its first division, when the two cells are formed, each of the two cells may separate and from each cell a complete individual may become developed. Both embryos will, however, be different from the normal twins, in that they are developed within the same embryonic membranes and also that they are of the same sex and almost identical in the detail of their features, actions and emotional characteristics. If the two cells do not completely separate, as is described in our explanation of the identical twins, but partial separation takes place, each side developing into an individual with some connecting link between, abnormalities are formed. If the two are separate at the head region, but connected together at the other extremity, double-headed monstrosities may develop. When the graafian follicle or matured egg becomes developed until it is ready for expulsion, it comes to the surface of the ovary, begins to protrude and finally

the follicle wall breaks, leaving the egg to pass out of the wall with the surrounding follicular liquid. This process is accompanied by the movement of the end of the fallopian tube. The fimbriated membrane, or end of the oviduct, comes closely in contact with the region of the ovary from which the ovum (egg) is to be expelled and as a result, the egg passes down into the tube, by a wavelike contraction of the oviduct.

IMPLANTATION

As soon as the ovum, or egg, has become fertilized, it begins its development, but has not as yet started its development at the expense of the maternal tissue surrounding it, being at this stage, free in the tube. Upon the liberation of the ovum, or egg, into the abdominal cavity, there is formed upon the ovary a yellowish spot, which is of great significance, in that this spot assists in the implantation of the egg in the uterus, by a secretion which it liberates. The ovum (egg) then passes down the tube until it comes to the uterus, where it begins to surround itself by the lining tissues of the uterus, gradually absorbing some of this tissue. Gradually it becomes enlarged and its parasitic character begins absorbing more and more of the parental substance.

From this small beginning, there is fully developed, in the course of nine calendar months,

or ten lunar months, the child and, as it is then able to maintain a separate existence, it is extruded from the uterus, or, in plain words, born into the world.

DEVELOPMENT

The single ovum, or egg, with the two nuclei, that of the spermatozoa and the ovum, now undergo changes of a very definite character. The entire cell becomes so arranged that half of the contents becomes formed into one cell on one side and half forming into another cell on the other side. Then follows a second division, dividing the two cells into four cells, then into eight cells by equal division of the previous four and then, by further division, into a mass of cells called the morula or mulberry stage. The cells at this stage, being massed together, have a very close resemblance to a mulberry. Because of this resemblance they are called the morula or mulberry stage. At the mulberry stage they become greatly enlarged.

A cavity now appears on the inside of this mass of cells, which gives rise to two kinds of cells, separated by a liquid, which gradually increases the size of this vesicle. At this stage the ovum, or egg, generally becomes implanted in the uterus. From now on, the embryo develops into a more shapely mass than has previously been seen. At one end, nearest its attachment, small irregular projections develop

that make a definite contact with the uterine walls, while, at the opposite end much smaller projections develop, these later becoming insignificant, while the others develop into the placenta, by which the embryo receives its nourishment for its development. The inner cells mass now becomes thickened into about three cell layers and a protecting sheath and cavity begins to form the amnionic cavity and amnion, which plays a very important part in the protection of the embryo, with its amnionic fluid, which also is an added protection. If this is lacking, the amnion presses against the embryo and causes deformities.

At this stage the embryo is very insignificant, appearing as merely two irregularly shaped, what we might term, lobes inside of the uterine wall. Gradually the embryo enlarges until about the end of the first lunar month, when the embryo is about three thirty-seconds of an inch in length. Seven days later it has more than doubled in length, being a little over three-sixteenths of an inch long. During this time it has not only become elongated, but has developed an animal like form, with tail like projection, head well developed, eyes and ears beginning to show and about five lobe like projections on the underside of the head. These latter projections eventually give rise to the facial parts, including the upper and lower jaws, nose, tongue, etc. The limb buds are, at this stage, well developed, as is the heart, liver and developing kidneys.

The embryo has now a definite stalk or attachment, called the umbilical stalk or cord from which the amnion seems to arise and also a sac like projection, the yolk sac, and a very insignificant tubular projection, the allantois. If the back of the embryo were examined at this stage, muscle plates would be discernible, which resemble the back bone, but, in reality, are only the muscles which are the forerunners that help in the formation of the embryo preparatory to the formation of the bones.

Before the end of the second lunar month the embryo develops almost human facial characteristics, the forehead having become enlarged, eyebrows and eyelids beginning their development, the nasal cavity having separated from the mouth cavity and the upper and lower jaws developed so far as to be completely covered by the upper and lower lips. The head has now become more straightened and resembles more the human form. The limb buds are fairly distinct in their development and are plainly visible. The tail, which at the earlier part of the first lunar month was clearly perceptible, is now greatly diminished. The length of the embryo at this period would be about an inch. Due to the rapidity with which the embryo develops hereafter, during the ensuing two months, the prospective mother almost invariably suffers considerably from nausea, lack of appetite and general physical derangement. During this pe-

riod, or at the length of the third month, the embryo develops into the fetus.

At the conclusion of this period, or the fourth lunar month, the weight of the fetus is approximately two to two and one-half ounces and about five and one-half to six inches in length from crown of head to heel. The umbilical attachment, or cord, has become very much elongated and vastly different in general appearance, a twisted shape taking place of the former heavy set attachment. At the end of the fifth lunar month, signs of life in the fetus is very discernible by the mother, which will show itself in many forms, such as a slight knock against the abdominal wall, stretching and twisting of the fetus to a more or less greater extent. At the end of the sixth month, the approximate length and weight of the fetus is respectively twelve to thirteen inches and twenty-two to twenty-four ounces, length measured from crown of head to heel. At this stage the nails and hair have distinctly developed, while in the previous stage, though visible, did not appear to be nails in the adult sense, but as a crescent shaped depression.

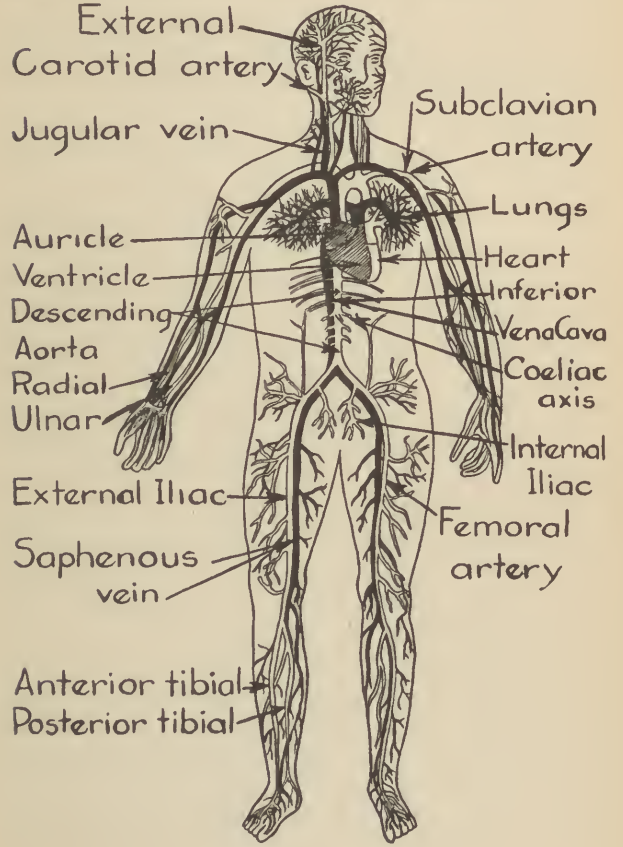
At the end of the seventh month, which is the most dangerous month of gestation, the pregnant woman, or expectant mother, should be extremely careful not to over exert herself or become excited in any way, shape or form, as any extra strain, shock or unusual excitement may cause premature birth. It therefore be-

hooves the carrying mother to be exceedingly careful during this critical period. The fetus at the end of the eighth month, is approximately fifty to fifty-five ounces in weight and sixteen to seventeen inches in length. The fetus at this stage, although very much enlarged, does not take up the space one would think it should judging by its length, due to the fact that the fetus is in a state of flexion or what might be called, curled up, thereby making a more compact mass or bulk, so to speak, to prevent overcrowding the viscera or internal organs of the mother. With the exception of size and weight, the fetus is now a completely formed child. At the termination of between two hundred and seventy and two hundred and eighty days, or approximately ten lunar months, birth should take place under normal circumstances.

It might be well, for the reader's guidance, to mention here, that the actual date of birth might be misjudged, owing to the fact that menstruation is possible one lunar month after conception and therefore it would be necessary in such cases to count back to the menstrual period previous to conception. It should therefore be clearly understood that menstruation may occur after conception, the latter not necessarily preventing menstruation at that time.

Plate V

Blood vessels of the body. White vessels representing the arteries and black representing the veins



LESSON X

CHILDBIRTH WITH CARE OF THE MOTHER AND CHILD

It may sound almost incredible, but it is, nevertheless, a startling fact, that there are a vast number of fully matured women, not to mention the younger generation, who have not even the remotest idea of the full meaning of childbirth. For the guidance of those women, as well as their younger sisters, who have not had an opportunity of receiving instruction on this subject, of such vital importance to their welfare, the following brief description of what childbirth really is may be instructive and helpful:

Childbirth is nothing more or less than a separation of the fetus from the maternal tissues and its removal from the body of the mother, or, in other words, the natural separation of the placenta from the walls of the uterus. At childbirth, the fluid contained in the amnion, or the sheath surrounding the fetus, is liberated and the fetus begins its movement to the outer world.

Childbirth is accompanied by pains of a very striking character, usually beginning in the lumbar region, or back and extending anteriorly to the abdominal region. They are at first fifteen to twenty minutes apart, but gradually this interval is lessened and the pain becomes more

severe. These pains are incident to contraction of the uterus and force the bag of water into the vagina, thus dilating the lower portion of the uterus, known as the cervical portion. The woman, at this stage, will possibly feel like she is not making any progress towards delivery. She should, however, remember that each of these pains help materially in effecting this important dilatation. When the latter is complete, the membrane or bag of waters generally ruptures. At this stage, the uterus can act directly upon the fetus and the woman, as a consequence, recovers her composure and becomes encouraged. The impulse to bear down, during the latter stage, or when the membranes burst, should be resisted, as too rapid descent of the fetus, or baby, does not give sufficient time for the stretching of the perineum, causing the latter, very often, to be thus, severely lacerated. The mother giving birth, should keep the mouth open, breathe fast or even cry out to prevent too rapid expulsion of child, or birth. After rupture of the membranes, normally, expulsion of the child takes place in from one and one-half to three hours.

After the delivery of the child, the labor pains cease for a short time. During this interim, there is a gradual separation of the placenta or afterbirth from the uterus. In from twenty to thirty minutes, the pains recur, the uterus contracts forcibly and the afterbirth is expelled. The uterus, during this stage of labor, should

remain contracted and firm, and any tendency to its becoming flabby or dilated should be counteracted by gently massaging it with the hand. It is of the utmost importance that the placenta and membrane be carefully examined by the physician to see that no part of either has been left in the uterus. With the removal of the placenta and membrane, labor, or childbirth, is completed. After the expulsion of the placenta, it is customary to give one teaspoonful of Fluid Extract of Ergot in order to insure contraction of the uterus.

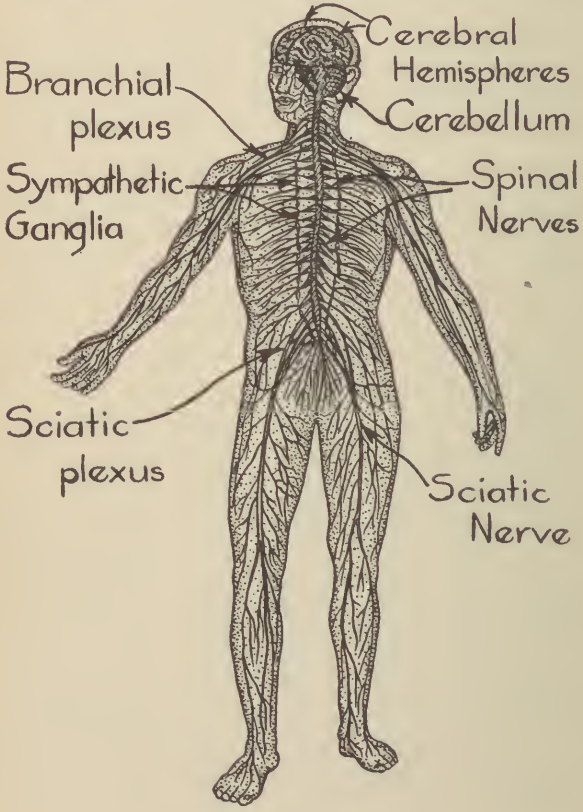
After the completion of labor, or childbirth, the mother is cleansed and a sterilized pad, made of gauze and absorbent cotton, is placed over vulva and held in position by pinning it to the abdominal binder. The latter acts as a splint to the abdomen and assists materially in supporting the circulation, and in enhancing the comfort of the mother. The latter's movements should be restricted at this time and she should be instructed to keep the lower limbs in contact as much as possible in order to preclude any possibility of development of air embolium, or, in other words, from air being drawn into vagina and from the latter into the large open uterine sinuses, or veins. She should now be given some nourishment and allowed to obtain some much needed rest. The baby, in the meantime, should have had the following care:

Immediately after birth the baby's mouth, nostrils and eyes should be cleansed and mucus

or other secretions removed, and breathing established. The umbilical attachment, or cord, should have been tied at about three quarters of an inch distant from the abdomen and a proper dressing of gauze applied, held in place by abdominal band. The eyes should have been treated by dropping one drop of one per cent solution of silver nitrate in them, or two drops of a twenty-five per cent solution of argyrol. The baby should now be cleaned with a piece of gauze and sterile olive oil, and attired in the customary clothing, which should consist of the napkin, or diaper; the cotton shirt, covering only the chest; the flannel skirt and gown. The mother, now having had some rest, the nipples should be cleansed with a solution of boric acid and the child put to the breast to nurse. After nursing of the nipples, the latter should again be cleansed with the boric acid solution and dried. The baby should be allowed to nurse every four hours for the first three days, then every three hours thereafter during the day and every four hours during the night. The bathing of the baby depends greatly on the circumstances of the parents. The baby of well-to-do parents is very often bathed every morning, due to the fact that the parents have every convenience, with modern equipment, for doing so, but a general bath three times a week, is sufficient. It is all essential that the napkins should be changed immediately they are soiled. The attachment, or cord, usually drops off by the sev-

Plate VI

Showing Central Peripheral and Sympathetic Nervous Systems



enth or eighth day after birth and should only be inspected or dressed by the physician or nurse under usual sterile precautions.

The vulva of the mother should be dressed every four hours, also after every bowel movement or urination, the patient should have the soiled pad removed. She is then placed on the bed pan, which should be cleansed with antiseptic solution or frequently boiled after being used. The nurse should now cleanse her hands, then prepare a one per cent solution of lysol and place same, with a sterile pad, conveniently by the bed or nearby table. The above solution is allowed to flow over the vulva, from a pitcher, some of it entering the vagina. The vulva is then dried and the sterile pad pinned in place. During this procedure the nurse should take care that her hands do not become soiled with the discharge, as infection is liable to be conveyed, in this manner, to the nipples of the mother, or the mouth, eyes or navel of the child.

Urine is usually passed within eight hours after delivery. If the mother complains of being unable to void urine, hot drinks may be given in quantities of one or even two quarts, place patient on warm bed pan and pour warm water over the vulva. While the patient is on bed pan, allow the water to run from the tap, or faucet. The hearing of the running water has a tendency to excite contraction of the bladder, the urine being thus expelled. The patient should be left alone when these expedients are being

used. Hot water bottle may be placed over bladder while patient is on bed pan. Some slight pressure may be made over the lower part of abdomen. Should aforementioned methods fail in producing the required result, catheterization must be done under aseptic precautions.

The food for the first twenty-four hours should be in liquid form. During the next two days the diet should be of semi-solid character, such as eggs, toast, tea, baked potato, rice, milk, etc. The bowel should be caused to move by giving S. S. enema every other day. The milk begins to appear in breast by the end of the third day, when some pain and engorgement will be present. The latter occasions some discomfort and is met by application of a breast binder, which lessens the engorgement and supports the enlarged breasts. The patient may be allowed to lie on her side and to turn in bed approximately eighteen hours after delivery of child. The abdominal binder should be tightened night and morning. The patient receives a bed bath each morning and a rub with thirty to fifty per cent alcohol at bed time. The mother is allowed to sit up by the tenth day, if all is going well and should be at her usual household duties by the end of the twenty-first day.

It should be remembered that it requires a period of six weeks for the uterus to undergo involution, or, in plain words, to return to its size and consistency which obtained before impregnation occurred. During this period the

woman should not lift or carry heavy burdens, or unduly strain her physical strength in any way, for fear of retarding aforementioned involutionary process.

It may be well to state here that childbirth is much easier with young women of not over twenty-three to twenty-five years, simply due to the fact that the pelvic girdle is much more plastic, or pliable, than in women of more mature years. It is an erroneous idea for women to think that having once given birth to child, makes consequent childbirth easier. Such is not always the case. Childbirth, after an absence of several years, is just as difficult with women of very mature years, as if they had never previously become pregnant or given birth. The first pains during childbirth are of a mild, slowly recurring type, followed by pains of a very sharp and more rapidly recurring nature. The latter are, what are commonly called, "labor pains." During the rapidly recurring pains, or labor period, the child's head, under normal circumstances, is close to the opening of the vagina and by the contraction of the abdominal wall and the wall of the uterus, it is pushed through the comparatively narrow neck of the pelvic girdle. Due to the flexibility of the head of the child, it can pass the opening of the pelvic girdle of the average woman with comparative ease. Normally, presentation of the child occurs with the head first. Various modifications of presentation, however, occur at childbirth, a

good many of which, to say the least, are extremely dangerous to both mother and child. Where head presentation does not occur, suffocation of the child is possible, due to the fact that the head of the child remains in the abdominal cavity while the other part is coming into the outer world.

Severe complications of labor are infrequent. However, any labor may be accompanied by such complications. The services therefore of a good obstetrician is an absolute prerequisite to successful childbirth and are to be highly commended at all times, even in the most simplified cases of delivery, if only for the fact that aforementioned complications are liable to occur when least expected.

However, should birth occur in the absence of a physician, it is of vital importance, in such an emergency, that the nurse, midwife, or attendant be acquainted with the nature of the presentation of the baby. If there is difficulty in giving birth, owing to the baby's shoulders, in a head presentation, insert forefinger under child's armpit and thus help birth by very gently drawing towards you. In the majority of cases, this help will aid childbirth considerably, under aforementioned circumstances. Immediately baby is born, the mouth should be cleaned of mucus. When baby cries or otherwise shows signs of life, a strong string should be wound tightly around the navel cord and knotted, two inches or thereabouts and four inches, re-

spectively from stomach. The cord is then cut between the two knots. If the afterbirth is slow in passing, gentle massage or slight pressure by the hand on the abdomen, will have a stimulating effect on the womb and thereby help the latter to expel the childbirth. Before attempting this procedure, time should be given for nature to take its natural course. To prevent possible hemorrhage, it is advisable, in the absence of a physician, to have the abdomen bandaged firmly with a wide, strong bandage.

It is of the utmost importance that the mother be permitted to lay perfectly still after childbirth, in order to prevent accident. The least exertion undergone by the mother the better. After a complete rest and, possibly, some refreshing sleep, it may be advisable to change the bed clothing, linen, etc. This should be done without exerting the mother, who, if possible, should be allowed to lay in the same position. Meanwhile the baby should be gently rubbed with oil and clothed. A bath in warm water should be given baby the following day, then dressed and laid along with mother.

LESSON XI

PREGNANCY AND SEX DETERMINATION

The period of growth from conception to birth, or the time from which the ovum becomes impregnated until confinement and ultimate delivery is what is known as pregnancy or gestation. The pregnant period, or the actual time from conception to birth is approximately nine calendar months, or forty weeks, or two hundred and eighty days. There are many physical signs by which the average healthy woman may tell whether or not she has become pregnant. The stoppage of the monthly flow or menstrual period is a very strong indication in the majority of cases that she has conceived. There are admittedly instances where skipping of the menstrual period did not prove that the woman was pregnant. Those instances are liable to occur to any woman, especially where she has shown some weakness or irregularity previously.

Unless in cases where irregularities have occurred heretofore, it may usually be taken for granted that the cessation of the monthly period by the normally constituted woman, is conclusive proof in itself that she has become pregnant. It is doubly certain if she skips a second period. Another very striking sign of pregnancy, which, however, will not be noticed until after the second month, is a slight enlargement

of the abdomen, hardly perceptible at first, but sufficiently noticeable to the future mother and will gradually become enlarged and protrude until delivery or childbirth occurs. If, at any time, the pregnant woman has any doubts along this line, she should pay a visit to her doctor and thereby allay any apprehension she may feel concerning her exact condition.

It is in fact highly advisable for the pregnant woman to make periodical calls on her physician during the time she is with child, or at least after the first few months have gone by, if she can possibly afford to do so, thereby alleviating any possibility of accident during this critical period. To those who cannot afford a physician's attention and advice, it might be opportune here to state that the pregnant woman should be moderate in all her undertakings. Moderation in all things is an absolute prerequisite to successful motherhood. Extremes in any direction are very inadvisable and in many instances, hurtful and may even have a disastrous effect upon both the mother and child. Plenty of fresh air and a moderate amount of exercise daily should be indulged in.

Unless the pregnant woman develops a capricious appetite, as occasionally happens with some women at this period of their lives, she may eat whatever her normal appetite craves. Farinaceous foods, with abundance of milk, buttermilk for preference, but all kinds of milk help and, if she does not become constitpated,

should constitute part of her daily menu. Plenty of vegetables, green for preference, and fruit of all kinds are to be recommended. She should drink water several times during the day, between meals. Hot or warm water may be taken with immense benefit in the morning on arising and again during the day at certain intervals. Meat should be eaten sparingly, partaken of say once a day, during the mid-day meal for preference. Plenty of sleep is absolutely requisite and rest during the day between exercises is advisable. Regularity in eating, drinking, exercising, sleeping, etc. is of primary importance to the woman anticipating childbirth, especially during the last few months of gestation or pregnancy.

The newly married, or those anticipating wedlock, should dwell long and seriously on the fact that pregnancy is the result of one of the most sacred and important laws of nature and should be treated accordingly by eternal vigilance on the part of both the contracting parties, the prospective father of the coming child, in his actions towards the prospective mother during this critical period, the latter being especially careful, if only for the good and sufficient reason that any untoward act may have an influence on her offspring. The relation between the mother and the unborn babe are of the most intimate nature. Her breathing, eating, drinking, all have an immediate effect on the child, her emotional nature especially so. It behooves,

therefore, the pregnant woman to be at her best at all times, as the influence on her offspring cannot help but be highly gratifying.

Sex Determination. A good many theorists, of the various schools of medicine, believe that within certain limits, the mother has it within herself to bring into the world just such a child as she wishes. This is a rather sweeping statement to make, if only for the sound reason that very, very few women, indeed, have the ideal mental and physical conditions they really wish for during pregnancy.

Some scientists claim that sex determination is an admitted fact, that it is possible to bring children into the world with given trends of character, thereby making it possible, eventually, for the disappearance of the greater part of our shiftless population. One learned authority writes: "Though the question of Sex Determination has been a subject of discussion and deep thought for many years, and that very little progress has been made along this line it is nevertheless, within the realms of possibility that the discovery of this secret will be unravelled eventually, and, like every other secret of nature, will in all probability, be found to be very simple."

Another learned writer claims that the production of male children requires greater vital force on the part of the parents than the production of female children and cites as examples to prove his theory the fact that in the case

of healthy, full-blooded parents, who possess abundance of energy and vital force, their first offspring is invariably a male child. Many writers on this much debated and interesting subject claim that this is as near as nature will permit us to go in determining the sex of the embryo, much less successfully using artificial means to influence the determination of its sex. The question has been brought up from time to time: Can outward influence have anything to do with bringing into the world a male or female child as the case may be during the embryonic stage?

Some advanced thinkers, including among the number, many physicians, are of the opinion that, notwithstanding the fact that outward impressions and influences may have a material effect on the mother and her offspring, it can have no effect in the least in determining the sex of that offspring during the embryonic stage. It has been said that where one or other of the parents is possessed of much stronger vital force than his or her mate, it will assert itself in many ways in the child, but not sufficiently so to determine its sex at any time previous to birth. Other writers claim that the healthier, stronger and more vigorous the mother is the more likelihood there is of such a mother giving birth to a child with inherent characteristics, and, on this basis, figure that the solution of sex determination, if such solution ever materializes, will come through the

mother of the offspring. Some learned authorities claim that where the mother is well nourished during the pregnant stage, the child of such a mother will be a female. They base their opinions on what they consider proven facts, in that the contented, happy, well nourished women, during pregnancy conveys extra nourishment to the unborn infant.

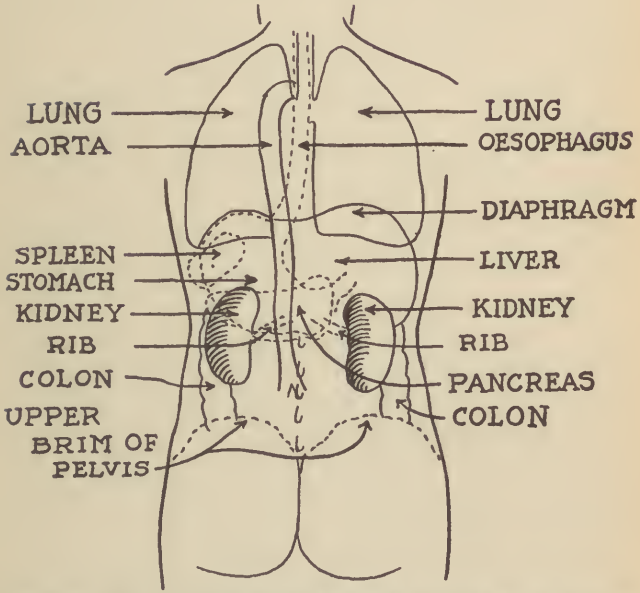
These writers in taking issue with some of their contemporaries along this line, further base their theories on the belief that it takes more vitality in the embryo stage to produce a female than a male child. They cite as examples to prove their theory the fact that in times of peace and plenty, when food may be had in abundance and prosperity is the order of the day, more female children are born than male. While, on the other hand, during the aftermath of some great disaster, epidemic, scourge, or war, etc., when times are pressing hard and the fight for existence is a difficult one, with food and the necessaries of life not easy to be had, more male children are invariably brought into the world than female.

Looking at the subject from the point of view of these theorists, it would seem that the healthier, better fed, more prosperous and contented the mother is the more female children will she bear, while on the contrary, the poorer, more discontented, weakly, and under-nourished the woman is, the more likelihood there is of her bearing male children. Many un-

doubtedly would pooh-pooh these statements and bring forth instances to prove the impractibility and fallacy of such theories. There are exceptions to every rule and that this theory does not work out in even the majority of cases does not necessarily prove its impractibility, for, as already stated in previous pages, there are very, very few women, who have the ideal mental and physical conditions they wish for during their period of pregnancy, which conditions would be absolutely necessary to fully prove aforementioned theory.

With all the claims which have been made by sex writers and others, relative to sex determination, we have yet, so far as the writer is aware, to learn this secret of nature and must only content ourselves by awaiting further experiments along this line and with the thought the future may hold the solution of this very interesting and seemingly intricate problem. We are learning more and more of the secrets of nature every day. Man is ever restless in his quest for knowledge and who knows but the day will eventually come when this law of nature will be discovered and like other secrets of nature, may possibly be found to be very simplified indeed. If it is ever discovered, the possibilities are that we will be surprised at its simplicity.

PLATE VII



Posterior View of Trunk Showing Lungs, Kidneys and Other Important Structures

LESSON XII

BIRTH CONTROL

It is a subject of fervent discussion and deep thought, by some of our most learned writers, as to the advisability of bringing large families into the world, quality not quantity being the goal for which those theorists are striving. Whatever may be said for or against this argument, it is an absolute certainty that there are women, who are not constitutionally fitted by nature to rear large families. There are many women in our midst, who, due, principally, to some constitutional weakness, either inherited, or otherwise, would have been far better advised not to have entered into the bonds of matrimony. These women would, under ordinary circumstances, have lived a much happier life of single blessedness. Abuse of the sexual functions, with the wear and tear of battling for an existence, in this age of keen competition, in many walks of life, may be said to have a deteriorating effect on the minds of many, otherwise fairly healthy women. Others, due to their lack of proper moral training and inherent characteristics, and who follow the line of least resistance, or what, at first is pictured in their mind's eye as the easy life, or primrose path, may be said to swell the number. There are, unfortunately, many other women, in all classes

of society, who have abused nature's laws to such an extent, that it is, practically, an impossibility to expect them to successfully give childbirth.

Nervous Breakdown. A visit to our eleemosynary and other institutions would prove the fact that Nervous Breakdown has increased tremendously in the past quarter of a century. Notwithstanding the fact that everything is done in those institutions for the comfort and welfare of those unfortunately so afflicted, including the judicious use of therapeutic measures and the application of every remedy known to medican science, it goes, beyond saying, that you cannot, permanently and effectively cure any disease until the cause is removed, and as long as society continues to travel at its existing pace, so long will nervous breakdown survive. How often do we read and hear of Mrs. X. suffering from nervous prostration or mental breakdown. Our large cities are full of such cases. Our rural communities are far from being exempt from similar examples. They are of everyday occurrence in all walks of life. No one can be said to be so constitutionally perfect as to be immune from this disease. Our private hospitals, sanitariums and even our insane asylums can tell of innumerable such cases. Many recover, some temporarily, and very, very many, indeed, suffer complete mental collapse. It has to be admitted again, that heredity plays a very important part in nervous disease, but not all.

Many cases of Nervous Breakdown may be directly traced to some inherited trait, but many, many more may be said to be the cause of existing conditions of present day society. If there is one subject, more than any other, which has come up for heated discussion, among some of the leading members of the medical profession, during recent years, it is the subject of Birth Control. No one can get away from the fact that it is of vital importance as concerns the future of the race.

Contraception. Birth Control methods, in brief, are simply the means used, whereby offspring are conceived only in the number and when the parents deem it desirable. Among the methods in use, are Continence (in whole or part); Semi-Continence, which, according to leading scientists, is a union based on affection, whereby the outlet of the purely physical desire is restrained; and Contraception. The latter preventive measure has received more attention, from a scientific viewpoint, than any other form of Birth Control. We will, therefore, begin by demonstrating, as clearly and concisely as possible the method known as contraception. The latter is nothing, more or less, than avoiding the elements of reproduction of the union of both sexes, while, at the same time, having normal sexual intercourse.

The writer wishes at the outset to guard against any possible misconception of the na-

ture and character of the matter contained herein, and wishes to emphasize, with all the strength within him, that the contrast between contraception and abortion is as far apart as the North and South Poles. It cannot be too strongly emphasized that there is no relation between them. The intelligent reader can easily reason this fact out for himself. By contraception, is merely meant, avoidance of the elements of reproduction of the two sexes. Abortion, on the other hand, in plain language, means miscarriage or premature birth. The former is simply a preventive measure, the latter is the destruction of what had already functioned in part, a possible human being. The contrast between contraception, in the writer's opinion, and absolute continence, looking at it from a moral viewpoint, is conspicuous by its absence, arguments and sermons to the contrary notwithstanding. The writer has made an exhaustive study of this subject and is willing to acquiesce, wholeheartedly, in the statements and lectures given by some of our most learned writers and thinkers, insofar as educating the public, through scientific methods, in favor of judicious and legitimate Birth Control.

The stringent laws which obtain in the United States today, make it an absolute impossibility to diffuse, in any manner whatsoever, knowledge, relative to methods of contraception. It is, under existing circumstances, a crime against society and punishable as such. It is the law of

our land and all good citizens should abide thereby. We, however, sincerely believe, beyond the question of a doubt, that the day will eventually come when parents will be permitted to say when and how many children they will have or want, and that preventive measures, judiciously and intelligently used, will be the order of the day, instead of being considered a criminal offense, as it is now, to diffuse any knowledge whatsoever towards that end.

In fact such great pressure has already been brought to bear, in various circles of society throughout the United States, to abrogate, annul or, at least, modify the present laws which obtain, relative to disseminating any knowledge tending to prevent conception, that we firmly believe it will be only a matter of a short time when such laws will be repealed, if sufficient pressure is brought to bear upon Congress, which makes it a crime, punishable by hard labor in our Federal Prisons, to diffuse or disseminate, in any manner whatsoever, information on this very vital subject. When one sits and thinks for even one short moment, it does seem very strange indeed that, in a country like the United States, where, among the more intelligent and enlightened members of society, very large families are the exception and not the rule, and where preventive measure of some kind or other must be applied to cause such a condition, such stringent laws should be laid down, making it a crime, punishable by impris-

onment, to diffuse scientific knowledge along the line of Birth Control and to intelligently discuss the safest and best means to prevent conception or by which contraceptive methods may be safely and judiciously applied.

As already stated, blunders and mistakes are and have been made in the use or abuse rather of preventive measures, due primarily if not wholly to ignorance of the proper methods to apply. Would it not have been far better for society in general to educate those people on Birth Control methods and how they may be intelligently and judiciously used, if only to prevent further mishaps in this direction through ignorance of the proper means whereby they may limit the number of their family to one, two or as many children as they believe they have means to support properly. This is, in brief, the belief of some of our deepest thinkers and most learned writers on the subject. It is also the chief motive behind the numerous lectures on Birth Control and other propaganda distributed throughout the country by some of our most advanced thinkers and philanthropists. In other words, Education vs. Ignorance is the watchword of all Birth Control advocates.

Limitation of Offspring. All self-respecting married couples are opposed utterly to charity in any form, either for themselves of their children. Is it not, therefore, only natural to expect that such parents would much prefer limitation

of their offspring according to their means, whereby they would be fully capable of properly caring for, comfortably supporting and educating their children, than to be overburdened with large families, without the necessary means to accomplish their hearts desire. They are compelled to seek charity in some form or other in order to properly rear their families and, in a good many instances, to even supply them with only the bare necessaries of life. It is a well-known fact, as any observant person may notice, that, in the majority of instances, it is those who can least afford to do so, who bring large families into the world. On the other hand, the reverse might be said to be the case with the wealthier or well-to-do classes, who, from a financial viewpoint, can more easily bear the burden of large families. We would like, very much indeed, to see those existing conditions reversed. It is to the former or poorer classes of society that, we believe, Birth Control methods, judiciously used, would prove the greatest boon and benefit society in general accordingly. It cannot be gainsaid that the keen competition to be met with in many walks of life and the very limited remuneration received by the average worker for his services, prevent many men and women from entering into the bonds of matrimony. The reasons for this are obvious. Fear of the responsibilities attached to rearing large families and the possibilities of being thrown out of employment, with a paltry pittance, the

limit of their savings, to sustain the lives of themselves and their family, prevent many men and women from joining hands in wedlock. Were Birth Control or contraceptive methods legitimatized, thereby making it possible for these men and women to obtain scientific information on limitation of offspring, we firmly believe that single blessedness, beyond the marriageable age, would become, if not wholly conspicuous by its absence, a rarity.

The married couple who do not desire children are very, very rare indeed, the paternal or maternal instinct being uppermost in all of us. There is, however, a happy medium in all things. This rule applies just as forcibly to the bringing into the world of large families as it does in any other phase of existence. Many men and women, who would much prefer married life or wedded bliss to a life of celibacy, are only prevented from entering into the married state by the belief that large families are the possible ultimate result, or, in other words, the rule, not the exception to such a union. They feel that they can support themselves and bring progeny into the world on a limited scale, say two, three, or possibly four children, but are deterred from the marriage union by the fear of a larger family, with insufficient means to comfortably support them. Should not the marriage of these men and women be encouraged in every possible way by enlightenment on how they may attain their highest ambition and not discouraged by the

existing conditions which obtain in society and the stringent laws which make it an absolute impossibility to diffuse any information on this vital subject, whereby limitation of offspring may be made possible? We will leave this question also to be answered by our readers and feel safe in depending on their judgment to arrive at a just and equitable decision.

Contraception—Use and Abuse. Some may think, including moralists, social reformers, etc. that if Birth Control or contraceptive methods were permitted openly, that the privilege would be greatly abused and are only prevented for these reasons alone from encouraging their use. History does not prove this to be so. In order to prove the fallacy of this belief we have only to take, for example, those countries where Birth Control methods are practised openly and, in some instances, legitimatized by the government. Parts of the Australian continent might be said to come under the former heading, including the country of New Zealand, where the application of Birth Control methods are almost universal and where ignorance of the proper means to apply might be said to be the exception and not the rule. The country of Holland is another glaring example of the many advantages of education along the lines of Birth Control. Not only does this country belie the statements and ridicule the beliefs of aforementioned moralists, reformers, etc., who are

prevented from encouraging the use of contraceptive measures for fear their proper use might be misconstrued or openly and intentionally abused, but it can be said of Holland that there are no healthier or more perfect physical specimens of the human race extant.

It has also been proven that in those countries where Birth Control or contraceptive measures are intelligently and judiciously used to limit the number of offspring the death rate diminishes perceptibly. We make this statement with our eyes wide open to the fact that there are many arguments and preachings to the contrary or, in other words, that opponents of legitimate, practical, scientific Birth Control, claim that its universal use would tend towards the deterioration of the race and a considerable falling off in numbers, or reduction in our population. This theory may look good to the unthinking person. Such a statement undoubtedly sounds very convincing at first hand and may appear very reasonable on the face of it, but the real facts underlying the health and population in communities where Birth Control measures are thoroughly understood and scientifically applied shows the fallacy of this statement and the impracticability of such theories.

Notwithstanding the sincerity of those theorists who are opposed to the scientific application of Birth Control, the writer wishes to take exception to their theories and is willing to base his opinion on well proven facts. We have al-

ready attempted to prove, in another part of this book, that quality predominates where the number of children are limited according to the physical and financial conditions of the parents, the former being especially applicable to the mother, whose health should be par-excellence, in order to bear and rear robust, healthy, happy children.

The integrity or veracity of the foregoing statement should be obvious to any thinking person. Having, as already stated, attempted, or endeavored, to prove our theories along this line, in other pages, we will not, therefore, go into further detail on this phase of the subject.

Race Suicide. Let us take up the claim of lessening the population, or race suicide, made by those opposed to Birth Control. We will put the following question squarely up to our readers and leave it to their intelligence to arrive at a correct solution: Does a diminishing birth rate necessarily prove a decreased population? We say no, under existing conditions of society, where the parents, comprised principally of the poorer classes, bring large families into the world with insufficient means whereby, even the bare necessaries of life are difficult to be had, or where constitutional weakness in either one or other of the parents is present, or where the burden of bearing and rearing offspring has a tendency to lower the vitality of the mother,

or for various other reasons, which are too numerous to mention.

Opponents of Birth Control will undoubtedly cite many instances where some members of large families were leaders among their kind, in the various branches of learning, athletics, etc., including statesmanship, religion, science, feats of physical strength, etc. and who were, in fact, physical or mental giants, or both. These instances do not, in themselves, prove that those adherents to the opposite belief, or, in other words, that those antagonistic to Birth Control, are right in their theories. There are exceptions to every rule and the reader will find such exceptions, the more the subject is made a special study of, to be rare, everything being equal. Let us go back again to the teachings of the opposition, wherein the statement is made that a decreased birth rate must necessarily mean a decreased population. This statement at a first glance, would seem somewhat convincing to the average reader, who was not aware of the actual facts. But let the reader ponder awhile on the subject and look into the real conditions underlying the birth rate, especially in European countries and that of our large cities, and compare that birth rate with that of those countries already made mention of in the foregoing pages. Is the population of Holland decreasing? Positively not. The opposite is the condition which obtains in Holland and has obtained since Birth Control measures have

been legitimatized. Why? This question might well be asked. Simply and solely due to the fact that the death rate, compared to the birth rate, has been proven to be less than in those countries where Birth Control is considered an unknown quantity.

Statistics, throughout the civilized world, prove beyond all question of a doubt, that where children are born into the world in a haphazard manner, so to speak, the country suffers a loss instead of a gain. On the other hand, where parents intelligently limit their offspring, the opposite condition is more apt to be the case. For, after all is said and done, it is not the large birth rate which counts, in the long run, but the birth rate, which permits the children to develop mentally and physically and thereby lessening the possibilities of their early demise, or, in other words, it is not the number of babies which are brought into the world, but the number which survive and reach the full bloom of perfect manhood and womanhood, that cut a figure in this work-a-day world.

Does it not sound reasonable that the child of good, sound healthy parents, when properly nourished by a mother who has not been weakened physically by giving birth to a large family, is far more liable to survive and reach maturity in good, sound physical and mental condition than the child of the mother who brings into the world a large number of offspring with too much frequency, which invari-

ably happens, where large families predominate? The answer to this question should be plain to the average reader. Even should the offspring of the latter live through childhood and reach manhood and womanhood's estate, what sorry spectacles a number of them make. Some are weaklings, either mentally or physically throughout their lives. Many morons come from such a source.

A goodly number of those men and women in our midst, who are physically incapacitated from competing with their contemporaries in the various walks of life, might be said to have had their physique impaired in infancy or early childhood. Take the case of families or communities where Birth Control is properly understood and contraceptive measures scientifically and intelligently applied. It will be noted that the physique of the children of such families or communities is invariably well-nigh perfect. The physical constitution of the people seems to improve, all other conditions being favorable, with a limited number of offspring. The countries already made mention of in previous pages, New Zealand and Holland, are proof conclusive of this fact, the physical constitution of the people generally having improved to a more or less marked extent of recent years.

Sterilization. The prevention of conception can be traced back to a very remote age and

various preventive measures have been in vogue, from precautionary methods, used by either the male or female, to operation. We are not here to discriminate between the advisability and inadvisability of any of the aforementioned methods. Their approval or condemnation we will leave to more advanced theorists. We are not all constituted alike and what may be said to be advisable for one may be inadvisable for another. One thing, however, may be said in favor of an operation, which permanently prevents conception, and that is, where the woman is not constitutionally or physically constructed to give birth, or who, for other reasons would be far better advised not to have children. This method of sterilization should, however, never be undertaken unless it has been proven conclusively by your medical adviser that your case warrants such an operation. The question of large families is another phase of this subject to be considered. Some advanced writers approve of operation for sterilization in cases where the woman has as many children as she really requires and is either physically or financially incapable of supporting more children than she has already given birth to. It is not too much to say, and the writer has proved it from actual experience, that there are many married men, who from moral and other viewpoints, associate with lewd women in preference to relation with their wives, due, principally, to the fact that their spouse is or was either

in a poor physical state of health or to prevent having too many children, without the wherewith-all or means to support them properly. These men are not, necessarily, depraved or lustful.

It is of vital importance that good, sound medical advice be sought by those anticipating any kind of an operation for sterilization, before adopting this course. The same might be said of contraception. Due to the prohibitive measures which obtain throughout this country, relative to disseminating anything which might tend to prevent conception, it is highly advisable and of the utmost importance, in order to effectively and without injurious consequences, apply contraceptive methods, to at first seek proper advice from your physicians, who are presumed to be skilled in all that pertains to your physical well-being and, therefore, fully conversant with such matters.

Whether the reader seeks the advice of a physician or not on the use of contraceptive or preventive measures, it cannot be too strongly emphasized here that the less nature is tampered with the better for all concerned, if it is desired to enjoy the full fruits of sexual intercourse and the complete happiness of wedded bliss. It is of primary importance to the inexperienced man or woman, that they seek medical advice and act accordingly, and be guided by resulting experiences, as to which method is or is not advisable in their particular case,

for, as already stated, we are not all constituted alike and what may be advisable for one may be very inadvisable for another. It is to be admitted that there have been many sad mistakes made in the use or abuse rather, of contraceptives, due, in nearly every instance, primarily to ignorance of the proper means, whereby prevention is successfully carried out. Many of these unfortunate errors could have been easily avoided by heeding aforementioned advice.

Prudery and false modesty have a deal to do with being the indirect cause of many mistakes on the part of those, who otherwise believe preventive measures are a boon to mankind. There are a number of moralists and others, including many physicians, who are either directly or indirectly opposed to preventive or contraceptive measures, many of which make the plea that mistakes have and will be made and that injurious results have obtained from their use.

The disease of tuberculosis was unknown to the American Indian until the introduction of the white man's wearing apparel in their midst, yet who would dare to come forth and tell us that we should go naked, as our earlier ancestors did, because the Indian abused the privilege conferred upon him.

The arguments for and against Birth Control may be said to be many and varied. Birth Control, undoubtedly, has its disadvantages, but we

must also remember the advantages which accrue to those who are thoroughly versed in its proper application. The latter greatly outweigh the former. How many morons, degenerates and other undesirables have we in our midst today? Would not this work-a-day world be far better rid of such specimens of the human race? It is a matter of deep concern and gratification to know that a good many of our institutions have adopted the means, whereby sterilization may be applied in inherited traits, which have been committed and discharged, as either temporarily or permanently cured, from our insane asylums. It is a State law and applies to either sex. This is a step in the right direction and if applied to every State in the Union would be for the immense betterment of mankind, thereby eliminating that portion of our population which is a burden instead of a blessing to society. This is a kind of legislation which will have a great tendency to reduce the number of our criminal population, empty our jails and penitentiaries, workhouses, insane asylums and sanitariums, by bringing a better class of babies into the world.

It is a ridiculous fallacy to think Birth Control has any relation, in the least, to Race Suicide, preachings, arguments and sermons to the contrary notwithstanding. Is it not a common experience, in everyday life, to see men and women adopt children to make up for their childless marriages? How many men and

women do we find, who, due to sterility and cannot, therefore, become parents, consult their medical advisers for a cure, whereby they can become fathers or mothers as the case may be? Very, very many indeed, dear reader. Is this not positive proof, in itself, that there is very little danger indeed of the paternal or maternal instinct dying out? We find many women of today, whose health has been impaired, to a more or less greater extent, some of which are chronic invalids, as a result of bringing into the world, large families and with too much frequency. Would it not have been better for those young women to have taken up the study of Birth Control? Would not the criminal operation of abortion, which many young women, for want of better advice, undergo, be far less frequent were Birth Control intelligently discussed and contraceptive methods better understood? It goes without saying, and every intelligent person must admit, that any course of instruction, whatever it may be, which diminishes criminal abortion, should be considered a blessing and not a crime.

Criminal Abortion. The average reader is rarely given the opportunity of learning to what extent criminal abortion is practised in all spheres of society. To attempt to do so here, would not only take up too much valuable space, but would be considered, if not a flight of fancy, grossly exaggerated.

If there is one crime which deserves the fullest measure of punishment the law can inflict, that crime is abortion. The secrecy under which criminal abortion is performed makes the crime a difficult one to combat. The perpetrator and the victim alike guard the secrecy of their movements at all hazards. Both, through fear of exposure, protect each other as much as it lays in their power to do so, unless under very exceptional circumstances. It is practically only when the victim of this dastardly outrage against nature succumbs, as a result of the illegal operation performed upon her body, do the arch-friends who performed such an operation ever receive the punishment they so richly deserve. These unprincipled scoundrels practise their nefarious occupation throughout the length and breadth of the land, seeking whom they may devour. This atrocious calling is not confined to the male sex alone. There are many of the weaker sex who depend upon this villainous practice for a livelihood and reap a rich harvest by their wicked calling.

There are many women who pride themselves on the fact that they have undergone the operation of abortion successfully, or, in other words, without suffering any undue hardship or permanent injury and in a good many instances advise their sisters in misfortune to do likewise. Poor misguided women. They do not take into consideration the fact that criminal abortion is a crime against God and man, and in direct violation of

the laws of nature, and consequently injurious to a more or less greater extent, even under the most favorable circumstances. They may think that they have defeated nature successfully, but there will come a day of reckoning, when they may, in all probability live to regret the ill-advised course they pursued in checking childbirth by such destructive methods.

Abuse of nature's laws will reap their just reward. The mills of God grind slowly but surely. Every young woman should dread criminal abortion, for, as already stated, criminal abortion is in direct violation of all the laws of God and man and every woman should treat it as such or she may live to rue the day she resorted to such a dastardly method of defeating nature. We wish to impress on our readers again, that abortion is never justifiable. It is criminal. It is absolutely dangerous to life and health. It is dstructive in the fullest sense of the word and should be treated accordingly by absolute refusal to resort to such a method, no matter what the circumstances may be, nor how plausible the subject may be introduced. The world is teeming today with women, sick and sore at heart, broken down in health and their future ruined who were tempted to adopt this course, due to the plausibility with which this illegal operation was put before them. Very, very frequently indeed is the woman, who submits to criminal abortion, a chronic invalid for the rest of her natural life. Many, many cases of abor-

tion are followed by the severest form of illness and, in a good many instances, death and ultimate dishonor. Many women have had their lives completely ruined by adopting this practice to thwart the laws of nature and compelled to live a life of despair, as the result of their error in yielding to the tempter, unintentional though it may have been in many instances. These unfortunate women would have borne with any suffering or disgrace if they only could secure their health back to where it was previous to submitting to this dreadful scourge on society.

Any physician will tell you that the country is swamped with unprincipled persons, including so-called physicians, who reap a fat harvest in the illegal practice of criminal abortion on young women in every walk of life. One would think it hardly credible, but it is, nevertheless, true.

One point the writer wishes again to impress, very forcibly, on the minds of all young women, is that, no matter how grave the circumstances may be, **NEVER, NEVER** submit to criminal abortion. If you do not heed this advice, there is nothing you can say or no excuse you can offer society in extenuation of your perversity, as you lay yourself open to censure from all sides. Abortion, young woman, is inexcusable, no matter what the circumstances of your case may be. It is a crime against all the better instincts of humanity and should never be resorted to under

any circumstances whatsoever. Our large cities could tell a tale of many young women, with bright and happy futures, who are chronic invalids and broken down in health from the effects of criminal abortion, not to mention the countless thousands who were sent to a premature grave, as the results of this dreadful curse.

Any young woman anticipating abortion, should remember that death and destruction is the possible termination to such an operation, and the operation itself, to say the least, is destructive in every sense of the word. She should always keep these facts uppermost in her mind and under no circumstances, no matter what the gravity of her case may be, yield to the tempter.

As already stated in previous pages, limitation of offspring, or the power to choose when and how many children you wish to have or the number you deem desirable, is of vital importance to the future of the human race. Quality vs. quantity is the cry of a good many advanced thinkers, among which are many mothers, who firmly believe it is an utter impossibility for the average woman to give birth to a very large family and do justice to herself and her offspring. It has been proven conclusively that many mothers are broken in health and strength as the result of giving birth too frequently and too often. It, therefore, stands to reason, that such a mother, whose vitality is already sapped, cannot do full justice to her babies. This is

obvious. The children grow up puny and delicate in a good many instances. The nourishment the babe derives from its mother's breast cannot be equalled by any artificial nourishment. It, therefore, behooves any mother, who desires a strong, robust, healthy family to suckle her own children. Is a mother with a lowered vitality physically capable of suckling her children? Can she successfully accomplish this end, with her health and strength already sapped, beyond the possibility of physical endurance, through too much frequency in giving birth, as is usually the case, where very large families predominate? We believe she cannot and in this belief we are supportd by some of our most advanced thinkers and humanitarians.

The goal of each one of us should, therefore, be towards a better and more perfect race, mentally, morally and physically. Towards this end we should strive with all the power within us, so that prosperity, health and happiness should reign throughout the whole civilized world, not poverty, misery and helplessness, the latter being the result of begetting children, a good many of which, instead of being a blessing are a burden on society and, more or less, a curse on the parents who brought them into the world. The writer earnestly trusts that the day will eventually come when every man and every woman will see the light of this philosophy and act accordingly, by strict adherence to the dictates of their conscience, and use their utmost

endeavors to help strengthen their will-power, whereby the gratification of the sexual instinct will be considered of secondary importance to the general welfare.

Standard Sex Knowledge and Health Encyclopedia

Part II

PART II

HOME ENCYCLOPEDIA OF HEALTH
SICKROOM MANAGEMENT

A person suffering from sickness of any description should be kept in well ventilated quarters, where plenty of fresh air can be had at all times. The larger and higher the room the better. The surroundings should be cheerful and noiseless, especially in diseases of the nervous system. The attendants or nurses, whether they be members of the family or outsiders, should be animated with good spirits and as attentive as possible, but prudent in all things, for fear of arousing suspicion, which might cause anxiety to the patient.

Any experienced nurse or medical practitioner will tell you that half the battle with sick patients is pursuading them that they will eventually recover in spite of their illness. A kind word of cheer should, therefore, be always on the lips, so to speak, and should be the first salutation when entering the sickroom. No matter how desperately ill a patient may be, a word of assurance that they are improving as well as can be expected, goes a long way towards bettering their mental condition and recovery. A sad expression or despondent look on the coun-

tenance of a nurse or doctor, has a depressing effect on the mind of the patient, depending on the nature and characteristics of the sick one, and retards rather than helps recovery.

Relative to aforementioned fresh air, it is preferable to have it enter the sickroom from the upper part of windows. It helps the patient's recovery to have some friendly acquaintance as a nurse or attendant to wait upon them. Cleanliness of bed linen, nurses wearing apparel and, practically every necessity in the sick room, is of the utmost importance. If a chart on the patient's condition is not kept, every change, no matter how slight, should be reported to the attending physician, immediately upon his arrival. The doctor's instructions should be followed to the letter. "A place for everything and everything in its place," is a good maxim to follow, in the sickroom.

The nurse should always remember that the recovery of the patient depends greatly upon her. In cleaning, sweeping, or dusting sickroom, care should be taken that the patient is not disturbed or made uncomfortable in the least. Remember, sunshine and pure fresh air are absolute requisites in the sickroom, with the exception of, possibly, one or two diseases, such as certain forms of brain trouble, etc., when light should be excluded to a certain extent, but not wholly. As the patient's recovery progresses and he becomes convalescent, it is advisable to gradually accustom him to the fresh air, in prep-

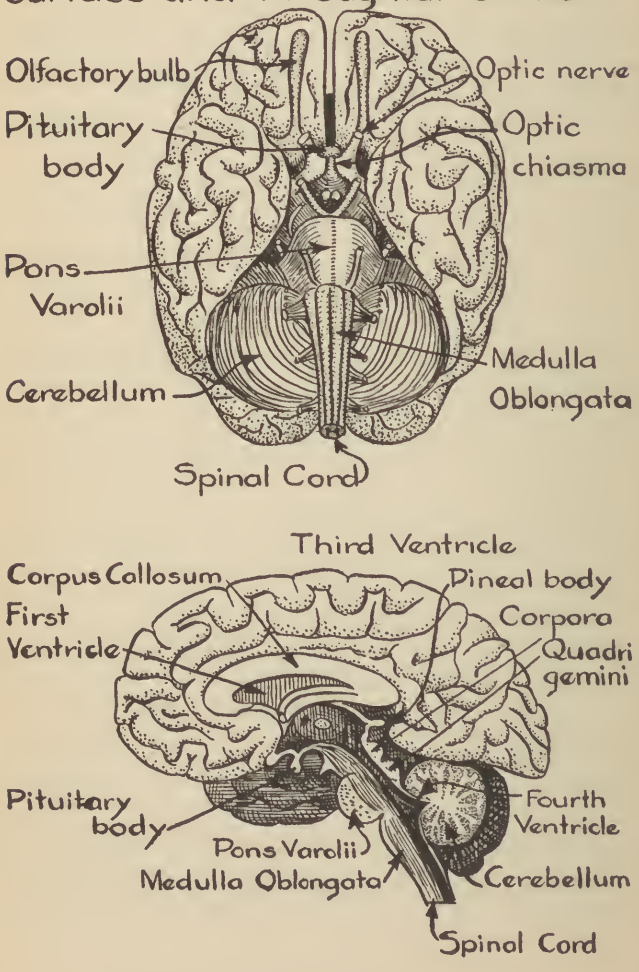
aration for his departure from the sickroom. The temperature of the sickroom should be considered of the highest importance, depending upon the disease and the patient.

The principal qualifications for successfully caring for the sick, are kindness, firmness, promptness, sobriety of demeanor and an intelligent appreciation of and obedience to whatever instructions may be given from time to time by the doctor. They should be cheerful, gentle, forbearing, patient and humane in speech and action, and should set an example to those with whom they may come in contact, especially the patient, of industry, order, cleanliness, etc. Noiselessness, without arousing the patient's suspicion, is absolutely requisite at all times. Cooking, of any kind, should be prohibited in the sick room. Flowers are a welcome addition to the sickroom. Death is possible in all diseases. If a patient should succumb from some chronic disease or begins to show symptoms of dying, keep cool. When danger of death is imminent, call immediately for the doctor.

Being an absolute impossibility to formulate a system of instructions which would apply to every emergency to be met with in the sickroom, a great deal has to be left to the nurse or attendant, which offers them a further opportunity of enhancing their services for the good of humanity. Good sound common sense applies, just as forcibly to the management of the sickroom, as it does in any other sphere of life.

Plate VIII

Brain viewed from ventral surface and in sagittal section



LIST OF DISEASES, WITH SYMPTOMS AND TREATMENT

BRONCHITIS. This disease, usually, starts with chest pains, chills, fever, costiveness, general weakness, hard breathing, hoarseness, with hard and fast pulse beats, accompanied by a harsh, dry cough. As cough increases, a pale, wan appearance is noted in patient, who suffers from difficulty of breathing and a choking, strangling sensation. As disease progresses, a wheezing, rattling noise is very perceptible, followed by cold sweats, etc.

Treatment. If breathing is difficult, which is most likely, a sheet may be placed over the bed in the form of a canopy. Steam from spout of tea kettle containing boiling water, to which is added one teaspoonful of Compound Tincture of Benzolin to each quart of water, is directed under canopy and patient allowed to breathe same. Care should be taken not to allow steam to come in too intimate contact with patient for fear of burns. If patient gets worse, see a doctor.

COSTIVENESS. Costiveness is a condition where the bowels are not performing their functions properly or, in other words, the bowels are sluggish and irregular and the patient constipated. The faeces are contained too long for normal, healthy conditions to obtain. Nauseousness, fullness and dullness around the

stomach, want of appetite, headache, dizziness, fever, etc., accompany costiveness, which is caused, principally, by sluggish habits, laziness, stimulating food, confinement of bowels and various other reasons.

Treatment. It is rarely necessary to take medicine for this complaint. A cure may be effected by eating digestible foods, such as fruit, soft-boiled eggs, vegetables, whole wheat bread or toast, etc. Eat slowly and digest your food properly. Regularity at stool. An effort should be made to evacuate the bowels, at least, once a day and at a specified time if possible. In fact, this rule might be said to apply to all and sundry, whether, constipated, costive or not. It is a very good plan to adopt by anyone desiring perfect health. Sweetened and stimulating foods should be discarded. Drink plenty of water. Take regular exercise. Bathe frequently. If a doctor is difficult to be had and you think medicine is necessary for a cure, the following preparation will be found beneficial, taken in dose of from two drams to two ounces. Four ounces of bicarbonate of soda to two quarts of water, one and one-half ounces of pulverized aloes, two fluid ounces of compound spirits of lavender. Place in suitable receptacle and leave for ten to fifteen days.

DIARRHOEA. This, very annoying and sometimes dangerous complaint may be caused by debility, or foods which have a tendency to irritate and inflame the bowels. A low, heavy,

continued noise in the bowels, occasionally accompanies this disorder, with pains and heaviness before evacuation.

Treatment. This disease is very amenable to treatment, if taken in time, occasionally by simply removing the cause and by the continued use of laxative foods to prevent its recurrence. If this disease becomes chronic, astringents and tonics are advisable. In its earliest stages, a little brandy with milk warmed, will help considerably. Cold water injections are occasionally recommended in diarrhoea. Where bowels are ulcerated or inflamed, hot fomentations and starch injections are recommended. Sponge baths are advised by many. If patient has become very weak, tonics are requisite for restoring health.

MUMPS. This disease, very common among children, begins with stiffness and soreness in and around neck. The gland situated near the ear becomes swollen and painful. As the disease progresses, the pain becomes more intense, eventually developing to such an extent that it is with difficulty the patient can swallow. Even opening of the mouth becomes difficult. It is liable to affect both sides or only one side of the face. Fever, invariably, accompanies this disease. The bowels are constipated, pulse rapid, skin sleek and dry, etc.

Treatment. It is of the utmost importance that the patient is kept warm and comfortable.

Warm drinks made from certain herbs, are advisable. The judicious use of cathartics, help if constipated. In extreme cases, hot foot-baths and poultices are necessary.

TUBERCULOSIS. This most deadly of all diseases, if treated in its earlier stages, stands a fair chance of being cured. Great progress has been made during the last twenty years in the treatment of tuberculosis, so much so, that cases which were looked upon in former years as well-nigh impossible of cure are today successfully treated. Medicine is rarely used in this disease, excepting to heal the inflamed tissues and relieve the cough. Out-door life, where pure fresh air can be had at all times, day and night, is an absolute requisite. Physical and mental exercises, but not enough to fatigue. Avoid any and everything which has a tendency to lower your vitality. Alcohol, in any form, tobacco, snuff, narcotics, drugs, etc. are taboo. Avoid sudden changes of heat and cold. Clothe warmly. Eat good wholesome, nourishing foods. Drink plenty of pure water. Cleanliness, in all things, is absolutely necessary. If circumstances permit, seek high altitude. Exercise only and always outdoors. Remember your disease is contagious and act accordingly by adopting cleanliness at all times. If possible, put yourself under the supervision of a physician.

BOILS.—The first symptom of a boil is the appearance of a red pimple, or small red spot, which gradually becomes enlarged and ripe,

with a white point or spot, which, eventually, bursts and discharges pus and occasionally blood. Boils are a constitutional trouble and when they appear with too much frequency, a blood tonic is needed, such as tincture of iron. It is not advisable to tamper with boils until they burst of their own accord, when some healing salve may be applied to the opening or cavity.

CHILBLAINS.—This very annoying complaint, in practically every instance, begins with an itching, tingling sensation all around the affected parts of the feet or hands and is usually caused by frost-bite or exposure to extreme cold weather, depending greatly upon the circulation of the individual. An ointment or liniment which will stimulate the parts, should be used or wash the hands or feet in snow.

DYSPEPSIA.—The symptoms of this disease are heartburn, irregularity of the bowels, coated furry tongue, rank taste in mouth, oppression and fullness about stomach after meals, changeable vision, palpitation, etc., caused primarily, to physical inactivity, insufficient mastication or bolting down of your food, too highly seasoned foods, etc. Removal of aforementioned conditions will effect a cure in nearly every instance after the effects are removed.

FROSTBITE.—The first thing to be done in frostbite is to restore heat as gradually as possible. Start the circulation by slight rubbing of snow or ice water. As the feeling begins to

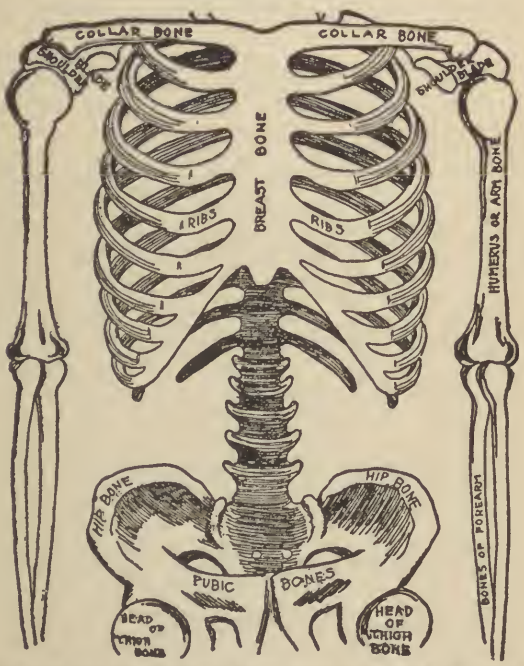
come back, continue the process or keep soaked in cold water, so as to gradually restore the normal heat to the body. The same treatment might be applied to a person picked up in an unconscious condition, until signs of recovering consciousness sets in, when a small injection of camphor and water might be given. Touch the tongue with a few drops of camphor. As recovery progresses, rub with weakened spirits or alcohol, then with pure spirits or alcohol. Stimulate his system further by strong coffee, tea, or whatever suitable stimulant may be at hand.

HEARTBURN. — This peculiar, sickening, burning sensation in the stomach, can be, invariably, relieved by taking a glass of water in which a teaspoonful of salt or baking soda has been mixed. A small portion of dry salt, or soda will relieve the feeling in very many instances. Effervescing laxatives, like the Seidlitz, will have the same effect. A recurrence of heartburn can be prevented by careful eating and drinking.

SEASICKNESS.—This malady can produce an accumulation of suffering to the inexperienced seafarer. In fact there are some who find it extremely difficult to take even the shortest sea trip without suffering from its effects. A hearty meal a short time before sailing is said to be a preventive, other conditions being favorable. Keep bowels open during the trip with some mild laxative pills, such as compound rhu-

barb pills. Those who are susceptible to seasickness, would be well advised to lay in bed or on a couch for the first day or two and hold this horizontal position until they feel they are capable of going on deck without falling a victim again. If a recurrence sets in it would be advisable to take a little brandy. Medicinal agents have not been very successful in curing this malady.

Plate IX



This Plate Shows the Principal Bones of the Trunk, Arm and Forearm

ALPHABETICAL LIST OF DISEASES AND THEIR TREATMENT

BLACKHEADS.—14 grammes oxide of zinc; 60 grammes vaseline; 14 grammes ergotine. Apply locally and massage at night.

CATARRH.—50 drops carbolic acid in qt. water. Use with nasal spray.

CHICKEN POX.—3 oz. water; 10 drops tinc. veratrum; ½ oz. asclepias. 1 teaspoonful hourly.

CORNS.—Place heavy coat common black axle grease over corn for 3 or 4 days; soak and wash feet daily.

CRAMPS—1½ gr. acetate of morphia; 1 gr. oil of camphor; 2 dr. chloroform; 6 dr. mucilage. Dose 20 drops hourly.

DIARRHOEA.—Hot milk, with plenty of nutmeg sprinkled in it, will relieve considerably.

DIPHTHERIA.—3 oz. syrup; ½ muriatic acid, diluted. Dose—1 teaspoonful mixed with water every 2 or 3 hours.

DROPSY AND HEART AFFECTION.—An infusion of tea, made from "lily of the valley," taken in doses of from one to three or four tablespoonfuls, twice daily, will greatly aid and strengthen the heart and relieve shortness of breath. When trouble is relieved, it is advisable to stop using until a recurrence of symptoms sets it.

EARACHE.—5 drops sweet oil; 2 drops laudanum. Mix and warm. Use syringe to drop in ear.

ECZEMA.—2 drs. ether; 2 drs. glycerine; ½ oz. ichthyol. Apply to parts without rubbing.

ERYSIPELAS.—See cure for eczema.

GONORRHOEA.—Use internally, gum turpentine made into very small pills, about ½ doz. daily. Inject 5 gr. permanganate of potash, mixed with pint of water—external use only.

HEADACHE.—1 teaspoonful bromo-seltzer every ½ hour for 3 doses.

HIVES.—Weakened vinegar bath to affected parts.

KIDNEY TROUBLE.—½ teaspoonful fl. ext. barberry taken in water. 1 or 2 doses daily.

MEASLES.—24 gr. chloride of ammonia; 16 gr. carb. of ammonium; 3 oz. syrup of wild cherry. 1 teaspoonful every hour. Sweetened lime juice will relieve cough.

PLEURISY.—2 drops tinc. aconite every hour; good warm poultices.

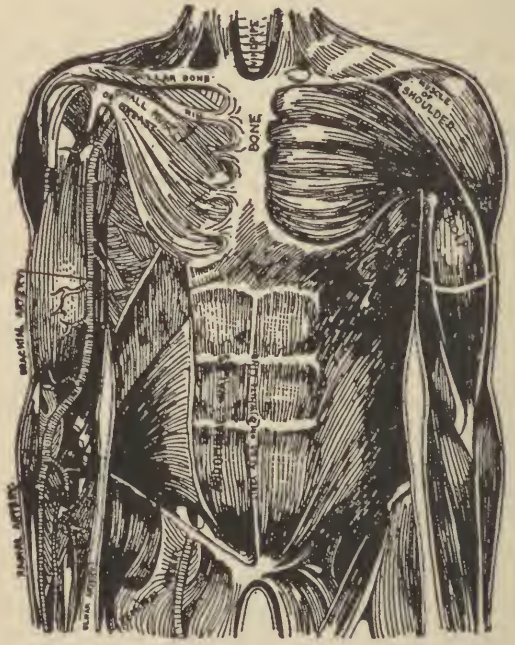
RHEUMATISM.—Celery tea; boil stalks and drink as much as possible.

SCARLET FEVER.—5 drops sweet spirits of nitre; 1 drop tinc. aconite. Chew ice.

TOOTHACHE.—Apply 1 to 3 drops of chloroform to tooth or gum. Try rinsing mouth with hot and cold water, alternately.

WHOOPING COUGH.—Honey mixed with alum, about 2 grs. every couple of hours.

Plate X



This Plate Shows the Principal Muscles of the Trunk, Upper Extremities and the Arterial Supply of the Upper Extremity

SIMPLE EFFECTIVE CURES IN LATIN AND ENGLISH

The medicinal remedies under this heading are given in both the Latin and English language, in order to enable the reader to see, at a glance, the simple elements of which they are compounded, many of which the average housewife has got in her pantry or kitchen, or which can be had at any well-stocked grocery store. The Latin term of each separate ingredient is given first, immediately followed by its exact meaning in English, divided by a dash. This method is used in order to save valuable space. EXAMPLE: (Aqua bulliens—Warm water.) The former or aqua bulliens is the Latin term, the latter or warm water is the English term. ASTHMA.—Aqua bulliens—warm water 1 pint; Lobelia folia—Lobelia leaves 1 teacupful. Take 1 tablespoonful every 15 min. till phlegm is spit up. Soak ½ hour before using. CHOLERA.—Acetum—Cider vinegar ½ teacupful; Piper nigrum—Black pepper 4 teaspoonfuls; Aqua bulliens—Warm water ½ teacupful; Chloride sodium—Common salt 3 teaspoonfuls. Dose I tablespoonful twice hourly until better. Mix before using. CONSTIPATION.—Sulphur flores—Flower of sulphur 4 drachms; Soda bitart—Cream tartar 2 grs.; Pulv. lg. carbo.—Pulv. charcoal 2 teaspoonfuls; Pulv. capsici—Cayenne pepper 30 grs.; Mellis—Honey 1 tea-

spoonful. Take ½ teaspoonful daily until improved. CROUP.—Aqua bulliens—Warm water 1 teacupful; Pulv. alumen—Powdered alum 2 teaspoonfuls; Treacle—Molasses 1 tablespoonful. Take one tablespoonful every 5 or 10 min. until better. DIARRHOEA.—Carrophyllum—Cloves ½ oz.; Bubus villosus—Ripe blackberries 1 lb.; Allspice—Allspice ½ oz.; Saccha alba—White sugar ½ lb. Add 1 pint of brandy after boiling and straining mixture. Take 1 tablespoonful and more if necessary every 4 hours. DROPSY.—Potass bitartras—Cream tartar 1 teaspoonful; Aqua sacch—Sweetened water 1 wineglassful; Pulv. jalapa—Powdered jalap 10 grs. Dose, take ½ wineglassful every 2 hrs. until relieved or discharge takes place. NEURALGIA.—Vaseline—Vaseline 2 oz.; Ex belladonna—Belladonna ½ oz. Rub part as often as desired. GOUT.—Wheat bran—Wheat bran 3 tablespoonfuls; Pulv. ulumus—Powdered slippery elm 1 tablespoonful. Poultice affected part. GRAVEL.—Holland gin—Holland gin 1 pint; Sacch. alb.—Loaf sugar 8 oz.; Pyrus rad—Apple root tea 1 quart. 1 teacupful 2 or 3 times daily. HEARTBURN.—Aqua—Water ½ teacupful; Soda bicarb.—Baking soda ½ teaspoonful. Taken after meals. HOARSENESS—Acetum—Cider vinegar ½ pint; Amoricia—Horse radish 2 oz.; Mellis—Honey 1 gill. Mix vinegar and horse radish and soak over night, add honey and warm and strain. ½ to 1 teaspoonful every 3 hours until

better. WORMS IN CHILDREN.—01. terebinthinae—Turpentine 1 tablespoonful; Lactis—Milk 1 teacupful; 01. ricini—Castor oil 1 teaspoonful. Dose 3 to 4 tablespoonfuls. SCROFULA.—Taraxacum rad—Dandelion root ¼ pound; Aqua—Water 1 gallon; stillinga rad—Stillinga root ¼ lb.; Sasafras rad.—Sassafras root 2 oz. Sarsaparilla rad—Sarsaparilla root ¼ lb.; Rumex crispus—Yellow dock ¼ lb. This should make 4 quarts when boiled and strained, then add 4 to 6 lbs sugar (white). Take 1 tablespoonful about every 3 hrs. EARACHE.—Tinc. opii—Laudanum 1 teaspoonful; Saccus alium—Onion juice 2 teaspoonfuls; 01. Olivae—Sweet oil 2 teaspoonfuls. 3 or 4 drops in ear. BOILS.—Potass. bitratras—Cream tartar 3 tablespoonfuls; Sulphur flores—Flower of sulphur 6 tablespoonfuls. Take 1 tablespoonful twice daily. PILES.—Sulph. flores—Flower of sulphur 1 dr.; Vaseline—Vaseline 1 tablespoonful Apply thrice daily. SORE EYES.—Aq. camphor—Camphor water 1 oz.; Soda biboras—Borate of soda 2 grs. 1 drop in eye several times daily. SORE THROAT.—Treacle—Molasses 1 tablespoonful; Aqua bulliens—Warm water 1 teacupful; Pulv. alumen—Powdered alum 2 teaspoonfuls. Take 2 to 3 tablespoonfuls every 15 minutes until improvement is shown.

ALPHABETICAL LIST OF POISONS, WITH ANTIDOTES FOR IMMEDIATE USE

The remedies given below, with alphabetical list of principal poisons, are compiled specially for those who may need an immediate antidote, while awaiting a physician. A victim of poisoning requires emergency treatment and the following remedies will be found of incalculable value in such emergencies. In the majority of cases of poisoning, it is highly advisable to encourage vomiting while awaiting physician.

ACID.—(Acetic or Citric).—Flaxseed tea; Lime water; Magnesia water.

ALCOHOL.—Hartshorn, external warmth; Emetics.

AMMONIA.—Lime or lemon juice, diluted vinegar.

ARSENIC.—Emetic of mustard and salt, tablespoonful of each to be followed by sweet oil.

CANTHARIDES and SPANISH FLY.—Stomach evacuation.

CARBOLIC ACID.—Drink flour and water, mixed.

CHLORAL.—Artificial respiration; galvanic battery; cold water on face and head.

CHLORIDE OF LIME.—Bowel evacuation; stimulation.

CHLOROFORM.—Tablespoonful of mustard and water as emetic; stimulation.

CORROSIVE SUBLIMATE.—Give plenty milk or albumen.

CREOSOTE.—Stomach evacuation; emetric; albumen and milk.

DIGITALIS.—Stimulation; Evacuation; Lay perfectly still.

ERGOT.—Evacuation and stimulation.

GAS.—Physician immediately; Fresh air, artificial respiration.

IVY POISON.—Rancid or sour milk; starch and glycerine made into paste.

LAUDANUM OR OPIUM.—Produce vomiting while awaiting doctor.

MERCURY.—Administer albumen freely; evacuation; mild drinks.

MORPHINE.—Produce vomiting with strong coffee, followed by grease and mustard in warm water.

TOADSTOOLS.—Evacuation; Epsom salts; stimulation.

NICOTINE.—Produce vomiting with mustard and salt water; stimulate with spirits.

NITRATE OF SILVER.—Administer salt and water freely.

NITRE.—Emetic, followed by castor oil.

OXALIC ACID.—Soap or magnesia in water every few minutes.

PHOSPHORUS.—Produce vomiting, follow with milk and magnesia.

PRUSSIC ACID.—Physician immediately; pour cold water on body; strong coffee, drink freely.

SNAKE BITE.—Tightly bind limb above bite; suck out venom; cauterize wound; stimulants.

STINGS OF INSECTS.—Sweet oil or salt water application. Extract bee sting.

SULPHURIC ACID.—Lime, soap or magnesia water, followed by milk mucilage.

TARTARIC ACID.—Lime, magnesia or soap water.

ALPHABETIC LIST OF DRUGS IN LATIN AND ENGLISH

The alphabetical list of drugs given below will be found of immense benefit to anyone desirous of solving the bugbear of Latin Secrets. Latin terms are used, exclusively, by the medical profession. To the uninitiated, doctors and physicians prescriptions seem mystifying, when, in reality, they are composed of the most simple ingredients.

LATIN	ENGLISH
Acadia	Gum arabic
Acetum	Vinegar
Acidum citricum	Citric acid
Acidum hydrocyanicum	Prussic acid
Acidum oxalicum	Oxalic acid
Acidum Tartaricum	Tartaric-acid
Adeps	Lard
Allium sativum	Garlic
Alumen	Alum
Amygdala dulcis	Sweet almonds
Apocynum cannabinum	Indian hemp
Aqua ammoniae	Hartshorn
Aqua calcis	Lime water
Argenti nitras	Caustic
Aristiochia serpentaria	Snake root
Arnica montana	Arnica flowers
Atropa belladonna	Deadly nightshade
Aurantii cortex	Orange peel
Avenae farina	Oatmeal
Avena sativa	Oats
Butyrum	Butter
Calamus aromaticus	Calamus
Calcis chloridum	Chloride of lime
Cantharis vesicatoria	Spanish flies
Capsicum annuum	Red pepper
Carbo ligni	Charcoal
Caryopyllus aromaticus	Cloves
Cassia maralandica	Senna
Cepaaelis ippecacauanha	Ipecac
Cera alba	White wax
Cera flava	Yellow wax
Cerevislar fermentum	Yeast
Centraria islandica	Iceland moss
Chloroformi	Chloroform
Cinchoma rupia	Peruvian bark
Conolvolus jalapa	Jalap

LATIN	ENGLISH
Cornus florida	Dogwood
Creasotum	Creosote
Creta preparata	Prepared chalk
Crocus sativas	Saffron
Cupri suphas	Blue stone
Datura stramonium	Thorn apple
Eupatorium perfoliatum	Boneset
Ferri ferrocyanuretum	Prussian blue
Prunus virginiana	Wild cherry
Pulv ipecac et opii	Dover's powders
Quercus alba	White oak
Quercus infectoria	Galls nut
Rheuma officinale	Rhubarb
Rhus taxicodendron	Poison oak
Saccharum album	White sugar
Saccharum lactis	Sugar of milk
Sagus rumphii	Sago
Sanguinaria canadensis	Bloodroot
Sinapis alba	White mustard
Sinapis nigra	Black mustard
Sodae chloride	Salt
Ferri sulphas	Green-vitriol
Gaultheria procumbens	Wintergreen
Glycerina	Glycerine
Glycyrrhiza glabra	Licorice
Hammamelis virginiana	Witch hazel
Hydrargyri chloride mite	Calomel
Hydrar corrosive chloridum	Corrosive sublimate
Hydrargyri oxidum rubrum	Red precipitate
Hydrastic Canadenis	Golden seal
Iodinum	Iodine
Laurus camphor	Camphor
Lappa minor	Burdock
Leptandra virginica	Culvers root
Linum usitatissmum	Flaxseed
Lotii hydrargyri nigra	Black wash
Lupulina	Hops
Magnesia carbonas	Magnesia
Magnesia sulphas	Epsom salts
Maranta arundinace	Arrow root
Marrubium vulgare	Horehound
Mel despumatum	Honey
Mentha Piperita	Peppermint
Mentha pulegium	Pennyroyal
Moschus moschiferus	Musk
Myristica moschata	Nutmeg
Narthex asafoetida	Asafetida
Olum amygdalae	Oil of almonds
Oleum morrhuae	Cod liver oil
Oleum olivae	Sweet oil
Oleum ricini	Castor oil
Oleum terebinthinas	Turpentine
Oleum tiglium	Croton oil
Papaver somniferum	Poppy heads
Pigmentum indicum	Indigo
Pilulae massae hydrargyri	Blue moss
Piper nigrum	Black pepper
Phytolacca	Poke
Plumbi acetas	Sugar of lead
Potassii nitras	Saltpetre

LATIN	ENGLISH
Potassii supertartras	Cream of tartar
Smilax officinale	Sarsaparilla
Sodae biboras	Borax
Sodae carbonas	Carb. soda
Sodae et potassii tartras	Rochelle salts
Soda phosphas	Phosphate of soda
Sodae sulphas	Glauber salts
Solanum dulcamara	Bitter sweet
Stillingia	Queen root
Sulphur rotundum	Brimstone
Theobroma cacao	Chocolate
Tinctura opii	Laudanum
Tinctura opii camphorata	Paragoric
Ulmus fulva	Slippery elm
Zanthoxlon	Prickly ash
Zingiber offinalis	Ginger

TABLE OF WEIGHTS AND MEASURES USED IN MEASURING MEDICINE

Minims are preferable to drops in measuring medicine. Drops frequently vary, whereas minims, on the other hand, being measured by graduate glass, are always exactly alike. One teaspoonful of medicine equals one fluid drachm. Two tablespoonfuls of medicine equal one fluid ounce.

LIQUID	SOLID
60 minims equal. . . 1 fluid drachm	60 grains equal. . . . . 1 drachm
8 fluid drachms equal.. 1 fluid oz.	8 drachms equal. . . . . 1 ounce
20 fluid ounces equal. . . . . 1 pint	16 ounces equal. . . . . 1 pound

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